

# MEET HEPA

**MAKING HEALTHY CHOICES EASY CHOICES**

## INTRODUCING HEPA

We have expanded our longtime commitment to supporting healthy living by adopting a set of Healthy Eating and Physical Activity (HEPA) standards. These standards will ensure that we are making the healthy choice the easy and accessible choice.



### SNACK SHACK HOURS OF OPERATION

#### Monday-Friday

Lunch 12pm-2pm

Dinner 4pm-6pm

#### Saturday and Sunday

11am-5pm

### SWIM CLUB HOURS OF OPERATION

#### Monday-Friday

11am-7pm

#### Saturday & Sunday

10am-6pm

## CLEARBROOK SWIM CLUB SNACK SHACK MENU



### MAKING HEALTHY CHOICES, EASY CHOICES

We have expanded our longtime commitment to healthy eating and physical activity – HEPA - to our Clearbrook Family Swim Club!

By implementing the HEPA standards at Clearbrook, we're providing the foundation for a healthier future by making the healthy choice the easy and accessible choice. At our snack shack you will find:

- Burgers, hot dogs and sandwiches served on whole grain bread buns
- Delicious fresh fruit, vegetable and salad options
- Snacks that are baked, not fried and with no trans fat
- Drinks with no added sugar or artificial sweeteners.

The Y is one of the nation's largest organizations dedicated to serving our community. Now we want to be the healthiest.

**the METROWEST YMCA CLEARBROOK FAMILY SWIM CLUB**



MetroWest YMCA Clearbrook Swim Club, 120 Parker Road, Framingham MA 01702  
Metrowestymca.org/clearbrook 508-405-0350



## FROM THE GRILL ... .

<b>GRILLED CHICKEN</b>	6.00
On whole wheat roll with lettuce & tomato	
<b>HAMBURGER/CHEESEBURGER</b>	6.00
On whole wheat roll with lettuce tomato and	
<b>HOT DOG</b>	5.00
On whole wheat bun	
<b>VEGGIE BURGER</b>	5.00
On whole wheat bun with lettuce & tomato	
<b>GRILLED CHEESE</b>	4.00
On whole wheat bun (tomato optional)	

## SANDWICHES / WRAPS ... .

<b>CHICKEN/TUNA SALAD</b>	6.00
On whole wheat roll, wrap or bread	
<b>CAESAR SALAD (ADD CHICKEN 4.00)</b>	4.00
Whole wheat wrap with croutons & parmesan	
<b>SUNBUTTER AND JELLY SANDWICH</b>	4.00
On whole wheat bread	

## ON THE GREENER SIDE ... .

<b>GARDEN SALAD (ADD CHICKEN/TUNA 4.00)</b>	4.00
Romaine lettuce, tomatoes, onions, carrots	
<b>CAESAR SALAD (ADD CHICKEN 4.00)</b>	4.00
Romaine lettuce, whole wheat croutons, parm.	

Add Chicken	\$4.00
Add Chicken Salad	\$4.00
Add Tuna Salad	\$4.00

## SIDES

<b>GARDEN SALAD</b>	3.00
Romaine lettuce, tomatoes, onions, carrots	
<b>VEGGIES</b>	3.00
With your choice of yogurt ranch dressing or hummus	
<b>FRESH FRUIT</b>	2.00
Choice of Apple, banana, orange or melon of the day	
<b>FRUIT SALAD</b>	3.00
A variety of fruit in a bowl	
<b>APPLES AND SUNBUTTER</b>	3.00
Apple slices and a cup of sunbutter	

## SNACKS ... .

<b>GOLDFISH</b>	1.00
<b>BAKED CHIPS</b>	1.00

## BEVERAGES ... .

<b>WATER</b>	1.00
<b>FLAVORED SELTZER</b>	1.00
<b>FROSTY FRUIT</b>	1.00

### **\*\*BEFORE PLACING YOUR ORDER, PLEASE INFORM US IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY**

Our products may contain wheat, egg, dairy, soy, or fish allergens. Our products may be processed in facilities that process tree nuts and peanuts. Please be advised consuming raw, cooked to order or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illnesses, especially if you have certain medical conditions.

Naturally, thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of food borne illnesses.

**Don't see it on the menu? We encourage our members and visitors you to make suggestions on how we can better serve you.**