

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.



CLEARBROOK SWIM CLUB SNACK SHACK MENU



SNACK SHACK HOURS OF OPERATION

Monday-Friday
11:30-5:30pm

Saturday and Sunday
10:30am-5:30pm

SWIM CLUB HOURS OF OPERATION

Monday-Friday
11am-7pm

Saturday & Sunday
10am-6pm

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... .

GRILLED CHICKEN 6.00

On whole wheat roll with lettuce & tomato

HAMBURGER/CHEESEBURGER 6.00

On whole wheat roll with lettuce tomato and cheese

VEGGIE BURGER 6.00

On whole wheat bun with lettuce & tomato

GRILLED CHEESE 4.00

On whole wheat bread (tomato optional)

HOT DOG 4.00

On whole wheat bun

SANDWICHES / WRAPS

CHICKEN/TUNA SALAD 7.00

On whole wheat roll, wrap or bread

CAESAR SALAD (ADD CHICKEN 3.00) 4.00

Whole wheat wrap with croutons & parmesan

SUNBUTTER AND JELLY SANDWICH 4.00

On whole wheat bread

ON THE GREENER SIDE... .

GARDEN SALAD 4.00

Romaine lettuce, tomatoes, onions, carrots

CAESAR SALAD 4.00

Romaine lettuce, whole wheat croutons, parm. cheese

Add Chicken \$3.00

Add Chicken Salad \$3.00

Add Tuna Salad \$3.00

SIDES

VEGGIES 3.00

With your choice of yogurt ranch dressing or hummus

FRUIT SALAD 3.00

A variety of fruit in a bowl

APPLES AND SUNBUTTER 3.00

Apple slices and a cup of sunbutter

SNACKS

GOLDFISH 1.00

BAKED CHIPS 1.00

SMARTFOOD 1.00

BEVERAGES

WATER 1.00

FLAVORED SELTZER 1.00

FROSTY FRUIT 1.00

HOT COFFEE 1.50

ICED COFFEE 2.50

****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.