



Breakfast

Lunch

PM Snack

M

- Mini Wheats
- Oranges
- Milk

- ● Shepherd's (Vegetarian) Pie
- Banana ● ●
- Milk

- Strings Cheese
- Brown Rice Cake

T

- ● ● Pancakes
- Maple Syrup
- Baby Carrots
- Milk

- Spaghetti Beef (Buckwheat) Bolognese
- Steamed Corn, Peas, Carrots & Beans
- Milk

- ● Multi Grain Cracker
- Apple Sauce

W

- ● ● Whole Wheat Bagel
- Cream Cheese
- Apple Slices
- Milk

- Chicken (Chickpea) Curry with Rice
- Steamed Peas & Carrots
- Milk

- ● ● ● Greek Spinach Pie
- Oranges

TH

- Turkey Sausages
- Hashbrowns
- Milk

- Sweet & Sour Meat (Vegetarian) balls/Rice
- Steamed Butternut Squash & Green Beans
- Milk

- Greek Yogurt
- Blueberries
- Crackers

F

- Wow Butter Banana Energy Shake
- ● ● Oatmeal Cookies
- Milk

- ● Beef Macaroni Goulash
- ● (Mac & Cheese)
- Banana
- Milk

- ● ● Naan Bites
- Cucumber/
- ● ● Ranch Dressing

Allegy Alert! Some menu items may contain: ● gluten, ● dairy, ● soy, ● egg, ● sesame ● Fish Green highlight is Vegetarian Menu.

Please note that Infants are supplied Whole Milk and Preschool children are supplied 2% Milk. Fueling Brains Academy is a proud partner with local restaurants

Disclaimer: While we strive to provide accurate information regarding the menu, ingredient, & possible allergens, please be aware we do not guarantee the identification of every ingredient or allergen present in food provided by our vendor.



Breakfast

Lunch

PM Snack

M

CAMPUS CLOSED (THANKSGIVING DAY)

T

- Scrambled Egg
- Toasted Bread
- Milk

- Mac n' Cheese with Italian Meat(Vegetarian) balls
- Steamed Carrots & Green Beans
- Milk

- Vegetarian Spring Rolls
- Baby Carrots

W

- Wholewheat Bread with ● Cheese
- Strawberry Coconut Smoothie

- Chicken (● Tofu) Fried Rice
- Green Peas
- Milk

- Cheese Bites
- Apple Sauce

TH

- Kellogg's Vector Cereal
- Apple Slices
- Milk

- Cheese burger Pasta (Buckwheat)
- Fresh Steamed Broccoli & Califlower
- Milk

- Berries Energy Bar
- Milk

F

- Frittata
- Milk

- Chicken Fajita w Sweet BBQ Sauce
- (Paneer Tikka Masala) with Rice
- Oranges
- Milk

- Strings Cheese
- Brown Rice Cake

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CAMPUS CLOSED (PD DAY)

T

● ● ● ● Whole Wheat Bagel
● Cream Cheese
● Baby Carrots
● Milk

Turkey Ham (Spiced Jumbo Fava Beans)
● ● & Cheese Bowties
Fresh Steamed Carifonia Style Veggies
● Milk

Greek Spinach Pie
● ● ● ●
● ● ● (*Pick me Stick- Jr.infant)
Oranges

W

● Berries Energy Bar
(Baby Food Puree-- Jr.infant)
● Milk

● Butter Panner with Rice
Steamed Peas & Carrots
● Milk

● Greek Yogurt
Blueberries
● Crackers

TH

● ● ● ● Waffles
● Milk

Sloppy Chicken Joe's (BBQ Crumbled
Tofu) With ● ● Soft Rolls
Steamed Yellow Corn
● Milk

● ● ● Noan Bites
Cucumber/
● ● ● Ranch Dressing

F

Berries Overnight Oats
Oranges

Chicken (Vegetable) Chowmein
● ● ● ●
Cucumber
● Milk

● ● Graham Crackers
● Cheese Slices
Baby Carrots

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