

**Breakfast**

**AM Snack**

**Lunch**

**PM Snack**

M

Herb & Cheddar Biscuits  
●●●  
● Milk

● Strings Cheese  
Oranges

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

Vegetarian Spring Rolls  
●●  
Baby Carrots

T

● Wholewheat Bread with ● Cheese  
Strawberry Coconut Smoothie

●● Goldfish Crackers  
Apple Slices

●●● Chicken Fajita w Mushroom Gravy (Parneer Tikka Masala) with Rice  
Oranges  
● Milk

● Greek Yogurt  
Blueberries  
● Crackers

W

●● Scrambled Egg  
● Toasted Bread  
● Milk

● Greek Yogurt  
Blueberries

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

●● Cheese Bites  
Apple Sauce

TH

●● Kellogg's Vector Cereal  
Apple Slices  
● Milk

●●●●● Butterflake Roll  
Mixed Berry Smoothie

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

● Berries Energy Bar  
● Milk

F

●● Frittata  
● Milk

●●● Oatmeal Cookies  
Mandarins

●●●● Lasagna  
Baby Carrots  
● Milk

● Strings Cheese  
Brown Rice Cake

Allergy 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**

**AM Snack**

**Lunch**

**PM Snack**

M

●●●● French Toast  
● Apple Slices  
● Milk

● Greek Yogurt  
Mango

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

Greek Spinach Pie  
●●●● Oranges

T

● Berries Energy Bar  
● Milk

Butterflake Roll  
●●●● Apple Slices

Chicken (Vegetable) Chowmein  
●●●● Banana  
● Milk

● Greek Yogurt  
Blueberries  
● Crackeres

W

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

● Strings Cheese  
Oranges

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

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

TH

Berries Overnight Oats  
Oranges

Brown Rice Cake  
Banana  
● Milk

● Butter Panner with Rice  
Steamed Peas & Carrots  
● Milk

●● Multi Grain Cracker  
Apple Sauce

F

●●●● Waffles  
● Milk

●●● Oatmeal Cookies  
Mandarins

● Beef Mexican Casserole with Tortillas ●●●●  
●● Mexican Bean & Rice Casseroles)  
Cucumber  
● Milk

●● Graham Crackers  
Baby Carrots

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M

Cheerios  
Oranges  
● Milk

● Greek Yogurt  
Mango

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

● Strings Cheese  
Brown Rice Cake

T

● ● ● Waffles  
Baby Carrots  
● Milk

● ● ● Oatmeal Cookies  
Mandarins

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

● ● Multi Grain Cracker  
Apple Sauce

W

● Turkey Sausage  
● Hashbrowns  
● Milk

Brown Rice Cake  
Banana  
● Milk

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

Greek Spinach Pie  
● ● ● ●  
Oranges

TH

●  
Wow Butter Banana Energy Shake  
● ● ● Oatmeal Cookies

● ● ● ● ●  
Butterflake Roll  
Strawberry Banana Smoothie

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

● Greek Yogurt  
Blueberries  
● Crackers

F

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

● Strings Cheese  
Oranges

● ● Chicken Nuggets (Perogies)  
Baby Carrots ● ● ● ●  
● Milk

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

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Herb & Cheddar Biscuits  
● ● ●  
● Milk

● Strings Cheese  
Oranges

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

Vegetarian Spring Rolls  
● ●  
Baby Carrots

T

● Wholewheat Bread with ● Cheese  
Strawberry Coconut Smoothie

● ● Goldfish Crackers  
Apple Slices

● ● ● Chicken Fajita w Mushroom Gravy  
● ● ● (Parneer Tikka Masala) with Rice  
Oranges  
● Milk

● Greek Yogurt  
Blueberries  
● Crackers

W

● ● Scrambled Egg  
● Toasted Bread  
● Milk

● Greek Yogurt  
Blueberries

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

● ● Cheese Bites  
Apple Sauce

TH

● ● Kellogg's Vector Cereal  
Apple Slices  
● Milk

● ● ● ● ●  
Butterflake Roll  
Mixed Berry Smoothie

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

● Berries Energy Bar  
● Milk

F

● ● Frittata  
● Milk

● ● ● Oatmeal Cookies  
Mandarins

● ● ● ● ● Lasagna  
Baby Carrots  
● Milk

● Strings Cheese  
Brown Rice Cake

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**M** ●●●● French Toast  
● Apple Slices  
● Milk

● Greek Yogurt  
Mango

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

Greek Spinach Pie  
●●●● Oranges

**T** ● Berries Energy Bar  
● Milk

Butterflake Roll  
●●●●● Apple Slices

Chicken (Vegetable) Chowmein  
●●●●● Banana  
● Milk

● Greek Yogurt  
Blueberries  
● Crackeres

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

● Strings Cheese  
Oranges

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

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

**TH** Berries Overnight Oats  
Oranges

Brown Rice Cake  
Banana  
● Milk

● Butter Panner with Rice  
Steamed Peas & Carrots  
● Milk

●● Multi Grain Cracker  
Apple Sauce

**F** **CAMPUS CLOSED (GOOD FRIDAY)**

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