

## Breakfast

## Lunch

## PM Snack

M

Herb & Cheddar Biscuits  
  
 Milk

 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

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

 Greek Yogurt  
 Blueberries  
 Crackers

W

 Scrambled Egg  
 Toasted Bread  
 Milk

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

 Cheese Bites  
 Apple Sauce

TH

 Kellogg's Vector Cereal  
 Apple Slices  
 Milk

 Chicken (Tofu) Fried Rice  
 Green Peas  
 Milk

 Berries Energy Bar  
 Milk

F

 Frittata  
 Milk

 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.

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

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M

- Cheerios
- Oranges
- Milk

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

- Strings Cheese
- Brown Rice Cake

T

- ● ● Waffles
- Baby Carrots
- Milk

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

- ● Multi Grain Cracker
- Apple Sauce

W

- Turkey Sausage
- Hashbrowns
- 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

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

- Greek Yogurt
- Blueberries
- Crackers

F

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

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

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

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M

Herb & Cheddar Biscuits  
● ● ●  
● Milk

● ● ● 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

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

● Greek Yogurt  
Blueberries  
● Crackers

W

● ● Scrambled Egg  
● Toasted Bread  
● Milk

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

● ● Cheese Bites  
Apple Sauce

TH

● ● Kellogg's Vector Cereal  
Apple Slices  
● Milk

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

● Berries Energy Bar  
● Milk

F

● ● Frittata  
● Milk

● ● ● ● Lasagna  
Baby Carrots  
● Milk

● Strings Cheese  
Brown Rice Cake

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M

●●●● French Toast  
● Apple Slices  
● Milk

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

Greek Spinach Pie  
●●●● Oranges

T

● Berries Energy Bar  
● Milk

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

● Greek Yogurt  
● Blueberries  
● Crackeres

W

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

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

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

TH

● Berries Overnight Oats  
● Oranges

● Butter Panner with Rice  
● Steamed Peas & Carrots  
● Milk

●● Multi Grain Cracker  
● Apple Sauce

F

**CAMPUS CLOSED (GOOD FRIDAY)**

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