

## Breakfast

## AM Snack

## Lunch

## PM Snack

M

Cheerios  
Oranges  
● Milk

● Greek Yogurt  
Mango

● ● Beef Macaroni Goulash  
● ● (Mac & Cheese)  
Baby Carrots  
● Milk

● Strings Cheese  
● (Ricotta Cheese- Jr.infant)  
Brown Rice Cake

T

● ● ● ● Waffles  
Maple Syrup  
Banana  
● Milk

● ● ● Oatmeal Cookies  
Mandarins

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

● ● Multi Grain Cracker  
Apple Sauce

W

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

Brown Rice Cake  
Banana  
● Milk

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

Lemon Raspberry Muffin  
● ● ●  
Oranges

TH

● Turkey Sausages  
● Hashbrowns  
● Milk

● ● ● ● ● Butterflake Roll  
Strawberry Banana Smoothie

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

● Greek Yogurt  
Blueberries  
● Crackers

F

● Wow Butter Banana Energy Shake  
● ● ● Oatmeal Cookies

● Strings Cheese  
Oranges

● ● Chicken Nuggets (Cauliflower bites)  
Apples Slices ● ● ●  
● Milk

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

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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M

Herb & Cheddar Biscuits



Milk

Goldfish Crackers  
(\*Mum Mum- Jr.infant)  
Organic Raisins

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

Greek Yogurt  
Blueberries  
Crackers

T

Scrambled Egg  
Toasted Bread  
Milk

Strings Cheese  
(Ricotta Cheese- Jr.infant)  
Apple Slices

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

Vegetarian Spring Rolls  
(Rice Cereal- Jr.infant)  
Baby Carrots

W

Wholewheat Bread  
with Cheese  
Strawberry Coconut Smoothie

Greek Yogurt  
Blueberries

Chicken (Tofu) Fried Rice  
Green Peas  
Milk

Cheese Sticks  
Apple Sauce

TH

Kellogg's Vector Cereal  
Apple Slices  
Milk

Butterflake Roll  
Mixed Berry Smoothie

Egg Salad Sandwich  
Crispy Dill Pickle Coleslaw  
Milk

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

F

Berries Overnight Oats  
Oranges

Oatmeal Cookies  
Mandarins

Lasagna  
Baby Carrots  
Milk

Strings Cheese  
(Ricotta Cheese- Jr.infant)  
Brown Rice Cake

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<p><b>M</b></p> <ul style="list-style-type: none"> <li>French Toast</li> <li>Apple Slices</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Greek Yogurt</li> <li>Mango</li> </ul>	<ul style="list-style-type: none"> <li>Chicken (Vegetable) Chowmein</li> <li>Cucumber</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Multi Grain Cracker</li> <li>Apple Sauce</li> </ul>
<p><b>T</b></p> <ul style="list-style-type: none"> <li>Whole Wheat Bagel</li> <li>Cream Cheese</li> <li>Baby Carrots</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Strings Cheese</li> <li>(Ricotta Cheese- Jr.infant)</li> <li>Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Ham (Spiced Jumbo Fava Beans) &amp; Cheese Bowties</li> <li>Fresh Steamed Carifonia Style Veggies</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Greek Spinach Pie</li> <li>(*Pick me Stick- Jr.infant)</li> <li>Oranges</li> </ul>
<p><b>W</b></p> <ul style="list-style-type: none"> <li>Berries Energy Bar (Baby Food Puree-- Jr.infant)</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Butterflake Roll</li> <li>Oranges</li> </ul>	<ul style="list-style-type: none"> <li>Butter Panner with Rice</li> <li>Steamed Peas &amp; Carrots</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Greek Yogurt</li> <li>Blueberries</li> <li>Crackers</li> </ul>
<p><b>TH</b></p> <ul style="list-style-type: none"> <li>Waffles</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Oatmeal Cookies</li> <li>Mandarins</li> </ul>	<ul style="list-style-type: none"> <li>Sloppy Chicken Joe's (BBQ Crumbled Tofu) With Soft Rolls</li> <li>Steamed Yellow Corn</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Naan Bites</li> <li>Cucumber/ Ranch Dressing</li> </ul>

**F** **CAMPUS CLOSED (PD DAY)**

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Milk

Goldfish Crackers  
(\*Mum Mum- Jr.infant)  
Mango

Perogies  
Apples  
Milk

Greek Yogurt  
Blueberries  
Crackers

T

Rice Krispies  
Oranges  
Milk

Butterflake Roll  
Mixed Berries Smoothie

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

Multi Grain Cracker  
Apple Sauce

W

Waffles  
Oranges  
Milk

Strings Cheese  
(Ricotta Cheese- Jr.infant)  
Banana

Chicken Cream Pasta  
Apple Slices  
Milk

Vegetarian Spring Rolls  
(Rice Cereal- Jr.infant)  
Baby Carrots

TH

Scrambled Egg  
Toasted Bread  
Milk

Brown Rice Cake  
Mandarins

Grilled Cheese Sandwich  
Summer Salad  
Milk

Cheese Sticks  
Cucumber/Ranch

F

Frittata  
Milk

Greek Yogurt  
Blueberries

Chili Con Carne (Vegetarian Chili)  
Tortillas  
Milk

Strings Cheese  
(Ricotta Cheese- Jr.infant)  
Brown Rice Cake

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