

**Breakfast**

**AM Snack**

**Lunch**

**PM Snack**

M

Cheerios  
Oranges  
● Milk

● Greek Yogurt  
Mango

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

● Strings Cheese  
Brown Rice Cake

T

● ● ● ● Waffles  
Maple Syrup  
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

Lemon Raspberry Muffin  
● ● ●  
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 (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

● 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  
Organic Raisins

●●● 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

●●● Egg Salad Sandwich  
Crispy Dill Pickle Coleslaw  
● Milk

●● Cheese Bites  
Apple Sauce

TH

Berries Overnight Oats  
Oranges

●●●●● Butterflake Roll  
Mixed Berry Smoothie

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

● Berries Energy Bar  
● Milk

F

●● Kellogg's Vector Cereal  
Apple Slices  
● 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

●● Banana Blueberry Muffin  
● Milk

Brown Rice Cake  
Banana  
● Milk

● Butter Panner with Rice  
Steamed Peas & Carrots  
● Milk

●● Multi Grain Cracker  
Apple Sauce

F

**CAMPUS CLOSED (PD DAY)**

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M

Rice Krispies  
Apples  
● Milk

●● Goldfish Crackers  
Oranges

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

● Greek Yogurt  
Blueberries  
● Crackers

T

●●● Waffles  
Oranges  
● Milk

● Strings Cheese  
Banana

●●● Perogies  
Apple Slices  
● Milk

●● Multi Grain Cracker  
Apple Sauce

W

Herb & Cheddar Biscuits  
●●●  
● Milk

●●●●● Butterflake Roll  
Mixed Berries Smoothie

●●●● Grilled Cheese Sandwich  
Summer Salad  
● Milk

Vegetarian Spring Rolls  
●● Baby Carrots

TH

●● Scrambled Egg  
● Toasted Bread  
● Milk

Brown Rice Cake  
Mandarins

●● Chicken Cream Pasta  
Apple Slices  
● Milk

●● Cheese Bites  
Cucumber/Ranch  
●●●

F

●● Frittata  
● Milk

● Greek Yogurt  
Blueberries

●●● Chili Con Carne (Vegetarian Chili)  
●●● Tortillas  
● Milk

● Strings Cheese  
Brown Rice Cake

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