



Breakfast

Lunch

PM Snack

M

- Cheerios
- Oranges
- Milk

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

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

T

- Waffles
- Maple Syrup
- Banana
- 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

- Lemon Raspberry Muffin
- 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

- Chicken Nuggets (Cauliflower bites)
- Apples Slices
- 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

Herb & Cheddar Biscuits



Milk

Chicken Fajita w Mushroom Gravy
(Paner Tikka Masala) with Rice

Oranges
Milk

Greek Yogurt
Blueberries
Crackers

T

Scrambled Egg
Toasted Bread
Milk

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

Chicken (Tofu) Fried Rice
Green Peas
Milk

Cheese Sticks
Apple Sauce

TH

Kellogg's Vector Cereal
Apple Slices
Milk

Egg Salad Sandwich
Crispy Dill Pickle Coleslaw
Milk

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

F

Berries Overnight Oats
Oranges

Lasagna
Baby Carrots
Milk

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

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Breakfast

Lunch

PM Snack

M

●●●● French Toast
● Apple Slices
● Milk

Chicken (Vegetarian) Chowmein
●●●●
● Cucumber
● Milk

●● Multi Grain Cracker
● Apple Sauce

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

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

F

CAMPUS CLOSED (PD DAY)

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Lunch

PM Snack

M

Herb & Cheddar Biscuits



Milk

Perogies

Apples

Milk

Greek Yogurt

Blueberries

Crackers

T

Rice Krispies

Oranges

Milk

Cheese burger Pasta (Buckwheat)

Fresh Steamed Broccoli & Califlower

Milk

Multi Grain Cracker

Apple Sauce

W

Waffles

Oranges

Milk

Chicken Cream Pasta

Apple Slices

Milk

Vegetarian Spring Rolls

(Rice Cereal- Jr.infant)

Baby Carrots

TH

Scrambled Egg

Toasted Bread

Milk

Grilled Cheese Sandwich

Summer Salad

Milk

Cheese Sticks

Cucumber/Ranch

F

Frittata

Milk

Chili Con Carne (Vegetarian Chili)

Tortillas

Milk

Strings Cheese

(Ricotta Cheese- Jr.infant)

Brown Rice Cake

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