

Breakfast

Lunch

PM Snack

M

Cheerios
Oranges
● Milk

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

● Strings Cheese
Brown Rice Cake

T

● ● ● ● Waffles
Maple Syrup
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

Lemon Raspberry Muffin
● ● ●
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 (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.

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

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

●● Cheese Bites
Apple Sauce

TH

Berries Overnight Oats
Oranges

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

● Berries Energy Bar
● Milk

F

●● Kellogg's Vector Cereal
Apple Slices
● Milk

●●●● Lasagna
Baby Carrots
● Milk

● Strings Cheese
Brown Rice Cake

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●●●● 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

●● Banana Blueberry Muffin
● 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

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

● Greek Yogurt
Blueberries
● Crackers

T

●●●● Waffles
Oranges
● Milk

●●●● Perogies
Apple Slices
● Milk

●● Multi Grain Cracker
Apple Sauce

W

Herb & Cheddar Biscuits
●●●
● Milk

●●●● Grilled Cheese Sandwich
Summer Salad
● Milk

Vegetarian Spring Rolls
●●
Baby Carrots

TH

●● Scrambled Egg
● Toasted Bread
● Milk

●● Chicken Cream Pasta
Apple Slices
● Milk

●● Cheese Bites
Cucumber/Ranch
●●●

F

●● Frittata
● Milk

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

● Strings Cheese
Brown Rice Cake

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