



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
●●● Granola Bars

●● 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

Chicken Fajita w Mushroom Gravy
(Paneer 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
Milk

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

CAMPUS CLOSED (PTI)

Allegly 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

CAMPUS CLOSED (VICTORIA DAY)

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

Banana Blueberry Muffin
●●
● Milk

● Beef Mexican Casserole with Tortillas
●●●●
●●●● Mexican Bean & Rice Casseroles)
Baby Carrots
● Milk

●● Graham Crackers
(*Mum Mum- Jr.infant)
Apples

Allegly 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

● ● ● ● Perogies
Apples
● Milk

● Greek Yogurt
Blueberries
● Crackers

T

Rice Krispies
Oranges
● Milk

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

● ● Multi Grain Cracker
Watermelon

W

● ● ● ● Waffles
Oranges
● Milk

● ● 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

● ● ● ● Cinnamon Rolls
● Milk

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

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

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.