

Breakfast

AM Snack

Lunch

PM Snack

M

Herb & Cheddar Biscuits



Milk

Goldfish Crackers
(*Mum Mum- Jr.infant)
Apple Slices

Chicken (Vegetable) Chowmein



Banana

Milk

Greek Yogurt
Blueberries
Crackers

T

Scrambled Egg
Toasted Bread
Milk

Gerber Mild Cheddar
Oranges

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

Nestlé Cerelac Biscuits
Blueberries

Chicken (Tofu) Fried Rice
Green Peas
Milk

Cheese Sticks
Apple Sauce

TH

Kellogg's Vector Cereal
Apple Slices
Milk

Butterflake Roll
Pears

Egg Salad Sandwich
Crispy Dill Pickle Coleslaw
Milk

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

F

Berries Overnight Oats
Oranges

Granola bars
Mandarins

Lasagna
Baby Carrots
Milk

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

Allegry 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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AM Snack

Lunch

PM Snack

M ● ● ● ● French Toast Apple Slices ● Milk	● Greek Yogurt Mango	● ● ● Beef Spaghetti Bake Vegetarian Tofu w Creamy pasta ● ● ● Apple Slices ● Milk	● ● Multi Grain Cracker Apple Sauce
T ● ● ● ● Whole Wheat Bagel ● Cream Cheese Baby Carrots ● Milk	● Strings Cheese ● (Ricotta Cheese- Jr.infant) Apple Slices	Turkey Ham (Spiced Jumbo Fava Beans) ● ● & Cheese Bowties Fresh Steamed Carifonia Style Veggies ● Milk	Vegetarian Spring Rolls ● ● ● ● ● (*Pick me Stick- Jr.infant) Oranges
W ● Berries Energy Bar (Baby Food Puree-- Jr.infant) ● Milk	● ● ● ● Butterflake Roll Oranges	● Butter Panner with Rice Steamed Peas & Carrots ● Milk	● Greek Yogurt Blueberries ● Crackers
TH ● ● ● ● Waffles ● Milk	● ● ● Organic Animal Cookies Cantaloupe	Sloppy Chicken Joe's (BBQ Crumbled Tofu) With ● ● Soft Rolls Steamed Yellow Corn ● Milk	● ● ● Naan Bites Cucumber/ ● ● ● Ranch Dressing
F Banana Blueberry Muffin ● ● ● Milk	Brown Rice Cake Peach Slices	● Beef Mexican Casserole with Tortillas ● ● ● Mexican Bean & Rice Casseroles Baby Carrots ● Milk	● ● Graham Crackers (*Mum Mum- Jr.infant) Apples

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M

Herb & Cheddar Biscuits



Milk

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

Perogies with Beef Stew
Baby Carrots
Milk

Greek Yogurt
Blueberries
Crackers

T

Rice Krispies
Oranges
Milk

Organic Berry Pick-Me Sticks
Apple Slices

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

Multi Grain Cracker
Watermelon

W

Waffles
Oranges
Milk

Strings Cheese
(Ricotta Cheese- Jr.infant)
Banana

Cream Cheese Pasta
Apple Slices
Milk

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

TH

Scrambled Egg
Toasted Bread
Milk

Brown Rice Cake
Peach Slices

Grilled Cheese Sandwich
Summer Salad
Milk

Cheese Sticks
Cucumber/Ranch

F

Cinnamon Rolls
Apple Slices
Milk

Greek Yogurt
Blueberries

Chili Con Carne (Vegetarian Chili)
Tortillas
Milk

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

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INFANT MENU

July 27- July 31

Bridgeland, Beltline, Centennial, McKnight

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

● Organic Banana Rice Rusks
Mandarins

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

● ● Multi Grain Cracker
Apple Sauce

W

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

Mum Mum
Banana

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
● ● ● Granola Bars

● Strings Cheese
● (Ricotta Cheese- Jr.infant)
Oranges

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

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

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