

Breakfast

AM Snack

Lunch

PM Snack

<p>M</p> <ul style="list-style-type: none"> Cheerios Oranges ● Milk 	<ul style="list-style-type: none"> ● Greek Yogurt Mango 	<ul style="list-style-type: none"> ● Beef Macaroni Goulash (Mac & Cheese) ● Baby Carrots ● Milk 	<ul style="list-style-type: none"> ● Strings Cheese ● (Ricotta Cheese- Jr.infant) Brown Rice Cake
<p>T</p> <ul style="list-style-type: none"> ● Waffles Maple Syrup Banana ● Milk 	<ul style="list-style-type: none"> ● Organic Banana Rice Rusks Mandarins 	<ul style="list-style-type: none"> ● Beef (Buckwheat) Bolognese Pasta Steamed Corn, Peas, Carrots & Beans ● Milk 	<ul style="list-style-type: none"> ● Multi Grain Cracker Apple Sauce
<p>W</p> <ul style="list-style-type: none"> ● Whole Wheat Bagel ● Cream Cheese Apple Slices ● Milk 	<ul style="list-style-type: none"> Mum Mum Banana 	<ul style="list-style-type: none"> Chicken (Chickpea) Curry with Rice Steamed Peas & Carrots ● Milk 	<ul style="list-style-type: none"> Lemon Raspberry Muffin ● Oranges
<p>TH</p> <ul style="list-style-type: none"> ● Turkey Sausages ● Hashbrowns ● Milk 	<ul style="list-style-type: none"> ● Butterflake Roll Strawberry Banana Smoothie 	<ul style="list-style-type: none"> Sweet & Sour Meat (Vegetarian) balls/Rice ● Steamed Butternut Squash & Green Beans ● Milk 	<ul style="list-style-type: none"> ● Greek Yogurt Blueberries ● Crackers
<p>F</p> <ul style="list-style-type: none"> ● Wow Butter Banana Energy Shake ● Granola Bars 	<ul style="list-style-type: none"> ● Strings Cheese ● (Ricotta Cheese- Jr.infant) Oranges 	<ul style="list-style-type: none"> ● Chicken Nuggets (Cauliflower bites) Apples Slices ● Milk 	<ul style="list-style-type: none"> ● 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.

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M

Herb & Cheddar Biscuits
●●●
● Milk

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

Chicken (Vegetable) Chowmein
●●●●
Banana
● Milk

Early Dismissal

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

●● Frittata
● Milk

●●● Granola bars
Mandarins

●●●● Lasagna
Baby Carrots
● Milk

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

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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

●●●● Greek Spinach Pie
●●●● (*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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●● Goldfish Crackers
(*Mum Mum- Jr.infant)
Mango

●●●● Perogies
Apples
● 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
● Milk

● Greek Yogurt
Blueberries

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

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

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W **CAMPUS CLOSED (CANADA DAY)**

<p>TH</p>	<ul style="list-style-type: none"> ● Turkey Sausages ● Hashbrowns ● Milk 	<ul style="list-style-type: none"> ● Butterflake Roll Strawberry Banana Smoothie 	<ul style="list-style-type: none"> Sweet & Sour Meat (Vegetarian) balls/Rice ● Steamed Butternut Squash & Green Beans ● Milk 	<ul style="list-style-type: none"> ● Greek Yogurt Blueberries ● Crackers
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F **CAMPUS OPENS AT 1:00 PM**

- Naan Bites
- Cucumber/
- Ranch Dressing

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