

Breakfast

AM Snack

Lunch

PM Snack

M

Cheerios
Oranges
● Milk

● Greek Yogurt
Mango

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

● Strings Cheese
Brown Rice Cake

T

● ● ● Waffles
Maple Syrup
Baby Carrots
● Milk

● Organic Banana Rice Rusks
Mandarins

● ● Beef Macaroni Goulash
● ● (Mac & Cheese)
Banana
● Milk

● ● Multi Grain Cracker
Apple Sauce

W

● Turkey Sausage
● Hashbrowns
● Milk

● Strings Cheese
Apple slices

Sweet & Sour Meat (Vegetarian) balls/Rice
● ● Steamed Butternut Squash
& Green Beans
● Milk

Lemon Raspberry Muffin
● ● ● Oranges

TH

● Wow Butter Banana Energy Shake
● ● ● Granola Bars

● ● ● ● Butterflake Roll
Strawberry Banana Smoothie

Chicken (Chickpea) Curry with Rice
Steamed Peas & Carrots
● Milk

● Greek Yogurt
Blueberries
● Crackers

F

● ● ● ● Whole Wheat Bagel
Cream Cheese
Oranges
● Milk

Mum Mum
Banana

● ● 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.

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Lunch

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M

Herb & Cheddar Biscuits
●●● Milk

● Gerber Mild Cheddar
Oranges

●●● Mac n' Cheese with Italian
Meat(Vegetarian) balls
Steamed Carrots & Green Beans
● Milk

**Early
Dismissal**

T

●● Scrambled Egg
●●● Toasted Bread
● Milk

●● Goldfish Crackers
Apple Slices

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

● Greek Yogurt
Blueberries
● Crackers

W

●● Wholewheat Bread
with ● Cheese
● Milk

●●●● Nestlé Cerelac Biscuits
Blueberries

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

● Berries Energy Bar
● Milk

TH

Berries Overnight Oats
Oranges

●●●● Butterflake Roll
Pears

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

●● Cheese Bites
Apple Sauce

F

●● Kellogg's Vector Cereal
Apple Slices
● Milk

●●● Granola bars
Mandarins

●●●● Lasagna
Baby Carrots
● Milk

● Strings Cheese
Brown Rice Cake

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●●●● French Toast
● Apple Slices
● Milk

● Greek Yogurt
Mango

Turkey Ham (Spiced Jumbo Fava Beans)
●● & Cheese Bowties
Fresh Steamed Carifonia Style Veggies
● Milk

Greek Spinach Pie
●●●● Oranges

T

● Berries Energy Bar
● Milk

Butterflake Roll
●●●●● Apple Slices

●●● Beef Spaghetti Bake
●●●● Vegetarian Tofu w Creamy pasta
●●● Apple Slices
● Milk

● Greek Yogurt
Blueberries
● Crackeres

W

●●●● Whole Wheat Bagel
● Cream Cheese
● Baby Carrots
● Milk

● Strings Cheese
Oranges

Sloppy Chicken Joe's (BBQ Crumbled Tofu) With ●● Soft Rolls
Steamed Yellow Corn
● Milk

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

TH

●● Banana Blueberry Muffin
● Milk

Brown Rice Cake
Peach Slices

● Butter Panner with Rice
Steamed Peas & Carrots
● Milk

●● Multi Grain Cracker
Apple Sauce

F

●●●● Waffles
● Milk

●●● Organic Animal Cookies
Cantaloupe

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

●● Graham Crackers
Apples

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Breakfast **AM Snack** **Lunch** **PM Snack**

<p>M</p>	<p>Rice Krispies Apples ● Milk</p>	<p>●● Goldfish Crackers Oranges</p>	<p>●● Cheese burger Pasta (Buckwheat) Fresh Steamed Broccoli & Califlower ● Milk</p>	<p>● Greek Yogurt Blueberries ● Crackers</p>
<p>T</p>	<p>●●● Waffles Oranges ● Milk</p>	<p>● Strings Cheese Cucumber</p>	<p>●●● Perogies Apple Slices ● Milk</p>	<p>●● Multi Grain Cracker Watermelon</p>
<p>W</p>	<p>Herb & Cheddar Biscuits ●●● ● Milk</p>	<p>● Greek Yogurt Blueberries</p>	<p>●●●● Grilled Cheese Sandwich Summer Salad ● Milk</p>	<p>Vegetarian Spring Rolls ●● Baby Carrots</p>
<p>TH</p>	<p>●● Scrambled Egg ● Toasted Bread ● Milk</p>	<p>●●● Organic Berry Pick-Me Sticks Oranges</p>	<p>●● Cream Cheese Pasta Apple Slices ● Milk</p>	<p>●● Cheese Bites Cucumber/Ranch ●●●</p>
<p>F</p>	<p>●●● Cinnamon Rolls ● Milk</p>	<p>Brown Rice Cake Peach Slices</p>	<p>●●● Chili Con Carne (Vegetarian Chili) ●●● Tortillas ● Milk</p>	<p>● Strings Cheese Brown Rice Cake</p>

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M

Cheerios
Oranges
● Milk

● Greek Yogurt
Mango

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

● Strings Cheese
Brown Rice Cake

T

● ● ● ● Waffles
Maple Syrup
Baby Carrots
● Milk

● Organic Banana Rice Rusks
Mandarins

● ● Beef Macaroni Goulash
● ● (Mac & Cheese)
Banana
● Milk

● ● Multi Grain Cracker
Apple Sauce

W

CAMPUS CLOSED (CANADA DAY)

TH

● Wow Butter Banana Energy Shake
● ● ● Granola Bars

● ● ● ● ● Butterflake Roll
Strawberry Banana Smoothie

Chicken (Chickpea) Curry with Rice
Steamed Peas & Carrots
● Milk

● Greek Yogurt
Blueberries
● Crackers

F

CAMPUS OPENS AT 1:00 PM

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

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