



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

● Beef (Buckwheat) Bolognese Pasta
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

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.



Breakfast

Lunch

PM Snack

M

Herb & Cheddar Biscuits
● ● ●
● Milk

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

Early Dismissal

T

● ● Scrambled Egg
● ● Toasted Bread
● Milk

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

Vegetarian Spring Rolls
● ●
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
● Milk

F

● ● Frittata
● Milk

● ● ● ● Lasagna
Baby Carrots
● Milk

● Strings Cheese
Brown Rice Cake

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M

●●●● French Toast
● Apple Slices
● Milk

●●● 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

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

Greek Spinach Pie
●●●● 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
● Apples

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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 Cheese Pasta
Apple Slices
● Milk

Vegetarian Spring Rolls
● ●
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
Brown Rice Cake

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Oranges
● Milk

● ● Beef Macaroni Goulash
● ● (Mac & Cheese)
Baby Carrots
● Milk

● Strings Cheese
Brown Rice Cake

T

● ● ● ● Waffles
Maple Syrup
Banana
● Milk

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

● ● Multi Grain Cracker
Apple Sauce

W

CAMPUS CLOSED (CANADA DAY)

TH

● Turkey Sausages
● Hashbrowns
● Milk

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

● Greek Yogurt
Blueberries
● Crackers

F

CAMPUS OPENS AT 1:00 PM

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

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