



Breakfast

Lunch

PM Snack

M

Cheerios
Oranges
● Milk

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

● Strings Cheese
Brown Rice Cake

T

● ● ● Waffles
Maple Syrup
Baby Carrots
● Milk

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

● ● Multi Grain Cracker
Apple Sauce

W

● Turkey Sausage
● Hashbrowns
● Milk

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

Lemon Raspberry Muffin
● ● ●
Oranges

TH

●
Wow Butter Banana Energy Shake
● ● ● Granola Bars

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

● Greek Yogurt
Blueberries
● Crackers

F

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

● ● 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

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

Early Dismissal

T

●● Scrambled Egg
●● Toasted Bread
● Milk

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

● Greek Yogurt
Blueberries
● Crackers

W

●● Wholewheat Bread with ● Cheese
● Milk

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

● Berries Energy Bar
● Milk

TH

Berries Overnight Oats
Oranges

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

●● Cheese Bites
Apple Sauce

F

●● Kellogg's Vector Cereal
Apple Slices
● Milk

●●●● Lasagna
Baby Carrots
● Milk

● Strings Cheese
Brown Rice Cake

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M

●●●● French Toast
● Apple Slices
● Milk

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

Greek Spinach Pie
●●●● Oranges

T

● Berries Energy Bar
● Milk

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

● Greek Yogurt
● Blueberries
● Crackeres

W

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

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

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

TH

●● Banana Blueberry Muffin
● Milk

● Butter Panner with Rice
● Steamed Peas & Carrots
● Milk

●● Multi Grain Cracker
● Apple Sauce

F

●●●● Waffles
● Milk

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

●● Graham Crackers
● Apples

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M

Rice Krispies
Apples
● Milk

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

● Greek Yogurt
Blueberries
● Crackers

T

●●●● Waffles
Oranges
● Milk

●●● Perogies
Apple Slices
● Milk

●● Multi Grain Cracker
Watermelon

W

Herb & Cheddar Biscuits
●●●
● Milk

●●●● Grilled Cheese Sandwich
Summer Salad
● Milk

Vegetarian Spring Rolls
●●
Baby Carrots

TH

●● Scrambled Egg
● Toasted Bread
● Milk

●● Cream Cheese Pasta
Apple Slices
● Milk

●● Cheese Bites
Cucumber/Ranch
●●●

F

●●●● Cinnamon Rolls
● Milk

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

● Strings Cheese
Brown Rice Cake

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PRESCHOOL MENU

Braeside, New Brighton, West 85th

June 29- July 3

Breakfast

Lunch

PM Snack

M

- Cheerios
- Oranges
- Milk

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

- Strings Cheese
- Brown Rice Cake

T

- Waffles
- Maple Syrup
- Baby Carrots
- Milk

- 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

- 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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