

## Breakfast

## AM Snack

## Lunch

## PM Snack

<p><b>M</b></p> <ul style="list-style-type: none"> <li>Cheerios</li> <li>Oranges</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Greek Yogurt</li> <li>Mango</li> </ul>	<ul style="list-style-type: none"> <li>● Beef Macaroni Goulash (Mac &amp; Cheese)</li> <li>● Banana</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Strings Cheese</li> <li>● (Ricotta Cheese- Jr.infant)</li> <li>Brown Rice Cake</li> </ul>
<p><b>T</b></p> <ul style="list-style-type: none"> <li>● Pancakes</li> <li>● Maple Syrup</li> <li>● Baby Carrots</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Oatmeal Cookies</li> <li>Mandarins</li> </ul>	<ul style="list-style-type: none"> <li>● Spaghetti Beef (Buckwheat) Bolognese</li> <li>● Steamed Corn, Peas, Carrots &amp; Beans</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Multi Grain Cracker</li> <li>Apple Sauce</li> </ul>
<p><b>W</b></p> <ul style="list-style-type: none"> <li>● Whole Wheat Bagel</li> <li>● Cream Cheese</li> <li>● Apple Slices</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>Brown Rice Cake</li> <li>Banana</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken (Chickpea) Curry with Rice</li> <li>● Steamed Peas &amp; Carrots</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>Greek Spinach Pie</li> <li>● (*Pick me Stick- Jr.infant)</li> <li>Oranges</li> </ul>
<p><b>TH</b></p> <ul style="list-style-type: none"> <li>● Turkey Sausages</li> <li>● Hashbrowns</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Butterflake Roll</li> <li>● Strawberry Banana Smoothie</li> </ul>	<ul style="list-style-type: none"> <li>● Sweet &amp; Sour Meat (Vegetarian) balls/Rice</li> <li>● Steamed Butternut Squash &amp; Green Beans</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Greek Yogurt</li> <li>● Blueberries</li> <li>● Crackers</li> </ul>
<p><b>F</b></p> <ul style="list-style-type: none"> <li>● Wow Butter Banana Energy Shake</li> <li>● Oatmeal Cookies</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Strings Cheese</li> <li>Oranges</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Nuggets (Perogies)</li> <li>● Baby Carrots</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Naan Bites</li> <li>● Cucumber/</li> <li>● Ranch Dressing</li> </ul>

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

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M

Herb & Cheddar Biscuits  
●●●  
Apple Sauce

●● Goldfish Crackers  
(\*Mum Mum- Jr.infant)  
Oranges

●●●● Chicken Fajita w Mushroom Gravy  
●●●● (Paneer Tikka Masala) with Rice  
Oranges  
● Milk

● Greek Yogurt  
Blueberries  
● Crackers

T

●● Scrambled Egg  
● Toasted Bread  
● Milk

● Strings Cheese  
● (Ricotta Cheese- Jr.infant)  
Apple Slices

●●● 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  
Strawberry Coconut Smoothie

● Greek Yogurt  
Blueberries

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

●●● Cheese Sticks  
Apple Sauce

TH

●● Kellogg's Vector Cereal  
Apple Slices  
● Milk

●●●●●  
Butterflake Roll  
Mixed Berry Smoothie

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

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

F

**CAMPUS CLOSED (PD DAY)**

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**CAMPUS CLOSED (FAMILY DAY)**

<p>T</p>	<ul style="list-style-type: none"> <li>● ● ● ● Whole Wheat Bagel</li> <li>● Cream Cheese</li> <li>● Baby Carrots</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Strings Cheese</li> <li>● (Ricotta Cheese- Jr.infant)</li> <li>● Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>● ● Turkey Ham (Spiced Jumbo Fava Beans) &amp; Cheese Bowties</li> <li>● Fresh Steamed Carifonia Style Veggies</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● ● ● ● Greek Spinach Pie</li> <li>● ● (*Pick me Stick- Jr.infant)</li> <li>● Oranges</li> </ul>
<p>W</p>	<ul style="list-style-type: none"> <li>● Berries Energy Bar (Baby Food Puree-- Jr.infant)</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● ● ● ● Butterflake Roll</li> <li>● Oranges</li> </ul>	<ul style="list-style-type: none"> <li>● Butter Panner with Rice</li> <li>● Steamed Peas &amp; Carrots</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Greek Yogurt</li> <li>● Blueberries</li> <li>● Crackers</li> </ul>
<p>TH</p>	<ul style="list-style-type: none"> <li>● ● ● ● Waffles</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● ● ● Oatmeal Cookies</li> <li>● Mandarins</li> </ul>	<ul style="list-style-type: none"> <li>● Sloppy Chicken Joe's (BBQ Crumbled Tofu) With ● ● Soft Rolls</li> <li>● Steamed Yellow Corn</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● ● ● Naan Bites</li> <li>● Cucumber/</li> <li>● ● ● Ranch Dressing</li> </ul>
<p>F</p>	<ul style="list-style-type: none"> <li>● Berries Overnight Oats</li> <li>● Oranges</li> </ul>	<ul style="list-style-type: none"> <li>● Brown Rice Cake</li> <li>● Banana</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Beef Mexican Casserole with Tortillas</li> <li>● ● ● Mexican Bean &amp; Rice Casseroles</li> <li>● Baby Carrots</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● ● Graham Crackers (*Mum Mum- Jr.infant)</li> <li>● Apples</li> </ul>

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