

**Breakfast**

**AM Snack**

**Lunch**

**PM Snack**

M

Cheerios  
Oranges  
● Milk

● Greek Yogurt  
Mango

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

● Strings Cheese  
Brown Rice Cake

T

● ● ● Pancakes  
Maple Syrup  
Baby Carrots  
● Milk

● ● ● Oatmeal Cookies  
Mandarins

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

● ● Multi Grain Cracker  
Apple Sauce

W

● Turkey Sausage  
● Hashbrowns  
● Milk

Brown Rice Cake  
Banana  
● Milk

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

Greek Spinach Pie  
● ● ● ●  
Oranges

TH

●  
Wow Butter Banana Energy Shake  
● ● ● Oatmeal Cookies

● ● ● ● ●  
Butterflake Roll  
Strawberry Banana Smoothie

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

● Greek Yogurt  
Blueberries  
● Crackers

F

● ● ● ●  
Whole Wheat Bagel  
Cream Cheese  
Apple Slices  
● Milk

● Strings Cheese  
Oranges

● ● Chicken Nuggets (Perogies)  
Baby Carrots ● ● ● ●  
● 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**

**AM Snack**

**Lunch**

**PM Snack**

M

Herb & Cheddar Biscuits  
●●●  
Apple Sauce

● Strings Cheese  
Oranges

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

Vegetarian Spring Rolls  
●●  
Baby Carrots

T

● Wholewheat Bread with ● Cheese  
Strawberry Coconut Smoothie

●● Goldfish Crackers  
Apple Slices

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

● Greek Yogurt  
Blueberries  
● Crackers

W

●● Scrambled Egg  
● Toasted Bread  
● Milk

● Greek Yogurt  
Blueberries

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

●● Cheese Bites  
Apple Sauce

TH

●● Kellogg's Vector Cereal  
Apple Slices  
● Milk

●●●●● Butterflake Roll  
Mixed Berry Smoothie

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

● Berries Energy Bar  
● Milk

F

**CAMPUS CLOSED (PD DAY)**

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**CAMPUS CLOSED (FAMILY DAY)**

<p><b>T</b></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>● Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken (Vegetable) Chowmein</li> <li>● Banana</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Greek Yogurt</li> <li>● Blueberries</li> <li>● Crackeres</li> </ul>
<p><b>W</b></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>● Oranges</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><b>TH</b></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>● Butter Panner with Rice</li> <li>● Steamed Peas &amp; Carrots</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Multi Grain Cracker</li> <li>● Apple Sauce</li> </ul>
<p><b>F</b></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>● Beef Mexican Casserole with Tortillas</li> <li>● Mexican Bean &amp; Rice Casseroles)</li> <li>● Cucumber</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Graham Crackers</li> <li>● Baby Carrots</li> </ul>

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Brown Rice Cake

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Maple Syrup  
Baby Carrots  
● Milk

● ● ● Oatmeal Cookies  
Mandarins

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

● ● Multi Grain Cracker  
Apple Sauce

W

● Turkey Sausage  
● Hashbrowns  
● Milk

Brown Rice Cake  
Banana  
● Milk

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

Greek Spinach Pie  
● ● ● Oranges

TH

● Wow Butter Banana Energy Shake  
● ● ● Oatmeal Cookies

● ● ● ● Butterflake Roll  
Strawberry Banana Smoothie

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

● Greek Yogurt  
Blueberries  
● Crackers

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Cream Cheese  
Apple Slices  
● Milk

● Strings Cheese  
Oranges

● ● Chicken Nuggets (Perogies)  
Baby Carrots ● ● ● ●  
● Milk

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

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