



Breakfast

Lunch

PM Snack

M

Cheerios
Oranges
● Milk

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

● Strings Cheese
● (Ricotta Cheese- Jr.infant)
Brown Rice Cake

T

●●●● Pancakes
Maple Syrup
Baby Carrots
● Milk

● Spaghetti Beef (Buckwheat) Bolognese
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

Greek Spinach Pie
●●●●
●● (*Pick me Stick- Jr.infant)
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
●●● Oatmeal Cookies
● Milk

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



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Herb & Cheddar Biscuits
● ● ●
Apple Sauce

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

● Greek Yogurt
Blueberries
● Crackers

T

● ● Scrambled Egg
● Toasted Bread
● Milk

● ● ● ● ●
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

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

● ● ● ● ●
Cheese Sticks
Apple Sauce

TH

● ● Kellogg's Vector Cereal
Apple Slices
● Milk

● ● ● ● ●
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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