

## Breakfast

## Lunch

## PM Snack

M

Cheerios  
Oranges  
● Milk

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

● Strings Cheese  
Brown Rice Cake

T

● ● ● Pancakes  
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

Greek Spinach Pie  
● ● ● ●  
Oranges

TH

●  
Wow Butter Banana Energy Shake  
● ● ● Oatmeal Cookies

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

● Greek Yogurt  
Blueberries  
● Crackers

F

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

● ● 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.

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Herb & Cheddar Biscuits  
●●●  
Apple Sauce

●●● 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

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

● Greek Yogurt  
Blueberries  
● Crackers

W

●● Scrambled Egg  
● Toasted Bread  
● Milk

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

●● Cheese Bites  
Apple Sauce

TH

●● Kellogg's Vector Cereal  
Apple Slices  
● Milk

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

● Berries Energy Bar  
● Milk

F

**CAMPUS CLOSED (PD DAY)**

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**CAMPUS CLOSED (FAMILY DAY)**

T

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

Chicken (Vegetable) Chowmein  
● ● ● ●  
Banana  
● 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

Berries Overnight Oats  
Oranges

● 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)  
Cucumber  
● Milk

● ● Graham Crackers  
Baby Carrots

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Maple Syrup  
Baby Carrots  
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● ● (Mac & Cheese)  
Banana  
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Apple Sauce

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● Hashbrowns  
● Milk

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● ●  
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& Green Beans  
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Cream Cheese  
Apple Slices  
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Baby Carrots ● ● ● ●  
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