



# PRESCHOOL MENU

Bridgeland, Centennial, McKnight

Aug 4- Aug 8

Breakfast

Lunch

PM Snack

M CAMPUS CLOSED (HERITAGE DAY)

T

- Scrambled Egg
- Toasted Bread
- Milk

- Lemon Chicken (White Fava beans)
- Couscous
- Fresh Steamed California Style Veggies
- Milk

- Vegetarian Spring Rolls
- ● Baby Carrots

W

- Wholewheat Bread with ● Cheese
- Strawberry Coconut Smoothie

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

- Organic Sweet Potato
- Apple Sauce

TH

- ● Kellogg's Vector Cereal
- Apple Slices
- Milk

- ● Cheese burger Pasta (Kasha or Buckwheat) (Scooby-doo)
- Fresh Steamed Baby Carrots & Green Beans
- Milk

- Berries Energy Bar
- Milk

F

- ● Frittata
- Milk

- ● Chicken Fajita w Sweet BBQ Sauce
- ● (Tofu Tikka Masala) with Rice
- Oranges
- Milk

- Strings Cheese
- Brown Rice Cake

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.



# PRESCHOOL MENU

Bridgeland, Centennial, McKnight

Aug 11- Aug 15

## Breakfast

## Lunch

## PM Snack

M

●●●● French Toast  
Apple Slices  
● Milk

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

●● Multi Grain Cracker  
Apple Sauce

T

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

●● Turkey Ham & Cheese Bowties  
Fresh Steamed Veggies  
● Milk

Greek Spinach Pie  
●●●● Watermelon

W

● Berries Energy Bar  
● Milk

● Butter Panner with Rice  
Steamed Peas & Carrots  
● Milk

● Greek Yogurt  
Blueberries  
● Crackers

TH

●●●● Waffles  
● Milk

Sloppy Chicken Joe's (BBQ Jack Fruit)  
with ● Soft Rolls  
Steamed Corn  
● Milk

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

F

Berries Overnight Oats  
Oranges

Chicken (Vegetable) Chowmein  
●●● Cucumber  
● Milk

●● Graham Crackers  
Baby Carrots

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# PRESCHOOL MENU

Bridgeland, Centennial, McKnight

Aug 18- Aug 22

## Breakfast

## Lunch

## PM Snack

M

Apple Cinnamon Oatmeal  
● ● ●  
● Milk

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

● Greek Yogurt  
Blueberries  
● Crackers

T

● ● Scrambled Egg  
● Toasted Bread  
● Milk

Lemon Chicken (White Fava beans)  
● Couscous  
Fresh Steamed California Style Veggies  
● Milk

Vegetarian Spring Rolls  
● ●  
Baby Carrots

W

● Wholewheat Bread  
with ● Cheese  
Strawberry Coconut Smoothie

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

● Organic Sweet Potato  
Apple Sauce

TH

● ● Kellogg's Vector Cereal  
Apple Slices  
● Milk

● ● Cheese burger Pasta (Kasha or  
Buckwheat) (Scooby-doo)  
Fresh Steamed Baby Carrots &  
Green Beans  
● Milk

● Berries Energy Bar  
● Milk

F

CAMPUS CLOSED (PD DAY)

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# PRESCHOOL MENU

Bridgeland, Centennial, McKnight

Aug 25- Aug 29

## Breakfast

## Lunch

## PM Snack

M

●●●● French Toast  
Apple Slices  
● Milk

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

●● Multi Grain Cracker  
Apple Sauce

T

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

●● Turkey Ham & Cheese Bowties  
Fresh Steamed Veggies  
● Milk

Greek Spinach Pie  
●●●● Watermelon

W

● Berries Energy Bar  
● Milk

● Butter Panner with Rice  
Steamed Peas & Carrots  
● Milk

● Greek Yogurt  
Blueberries  
● Crackers

TH

●●●● Waffles  
● Milk

Sloppy Chicken Joe's (BBQ Jack Fruit)  
with ● Soft Rolls  
Steamed Corn  
● Milk

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

F

Berries Overnight Oats  
Oranges

Chicken (Vegetable) Chowmein  
●●● Cucumber  
● Milk

●● Graham Crackers  
Baby Carrots

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