



PRESCHOOL MENU

Sep 1- Sep 5

Bridgeland, Beltline, Centennial, McKnight

Breakfast

Lunch

PM Snack

M

CAMPUS CLOSED (LABOUR DAY)

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

● Organic Sweet Potato
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

●● Frittata
● Milk

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

● Strings Cheese
● (Ricotta Cheese- Jr.infant)
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, ingredinent, & possible allergens, please be aware we do not guarantee the
identification of every ingredient or allergen present in food provided by our vendor.

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 (Spiced Jumbo Fava Beans)
●● & Cheese Bowties
Fresh Steamed Carifonia Style Veggies
● Milk

Greek Spinach Pie
●●●●
●●●● (*Pick me Stick- Jr.infant)
Watermelon

W

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

● Butter Panner with Rice
Steamed Peas & Carrots
● Milk

● Greek Yogurt
Blueberries
● Crackers

TH

●●●● Waffles
● Milk

Sloppy Chicken Joe's (BBQ Crumbled
Tofu) With ●● Soft Rolls
Steamed Yellow Corn
● Milk

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

F

Berries Overnight Oats
Oranges

Chicken (Vegetable) Chowmein
●●●●
Cucumber
● Milk

●● Graham Crackers
(*Mum Mum- Jr.infant)
Baby Carrots

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PRESCHOOL MENU

Sep 15- Sep 19

Bridgeland, Beltline, Centennial, McKnight

Breakfast

Lunch

PM Snack

M

● Mini Wheats
Oranges
● Milk

● ● Shepherd's (Vegetarian) Pie
Banana ● ●
● Milk

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

T

● ● ● ● Pancakes
Maple Syrup
Apple Slices
● Milk

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

● ● Multi Grain Cracker
Apple Sauce

W

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

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

Greek Spinach Pie
● ● ● ●
● ● (*Pick me Stick- Jr.infant)
Watermelon

TH

Turkey Sausages
● Hashbrowns
Milk

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

● Greek Yogurt
Blueberries
● Crackers

F

Berries Overnight Oats
Milk

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

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

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Breakfast

Lunch

PM Snack

M

Apple Cinnamon Oatmeal



Milk

Lasagna

Baby Carrots

Milk

Greek Yogurt

Blueberries

Crackers

T

Scrambled Egg

Toasted Bread

Milk

Mac n' Cheese with Italian Meat(Vegetarian) balls

Steamed Carrots and 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

Organic Sweet Potato

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

Frittata

Milk

Chicken Fajita w Sweet BBQ Sauce

(Tofu Tikka Masala) with Rice

Oranges

Milk

Early
Dismissal

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PRESCHOOL MENU

Sep 29- Oct 3

Bridgeland, Beltline, Centennial, McKnight

Breakfast

Lunch

PM Snack

M

French Toast
Apple Slices
Milk

T

Whole Wheat Bagel
Cream Cheese
Baby Carrots
Milk

W

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

TH

Waffles
Milk

F

Berries Overnight Oats
Oranges

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

Turkey Ham (Spiced Jumbo Fava Beans)
& Cheese Bowties
Fresh Steamed Carifonia Style Veggies
Milk

Butter Panner with Rice
Steamed Peas & Carrots
Milk

Sloppy Chicken Joe's (BBQ Crumbled Tofu) With Soft Rolls
Steamed Yellow Corn
Milk

Chicken (Vegetable) Chowmein
Cucumber
Milk

Multi Grain Cracker
Apple Sauce

Greek Spinach Pie
(*Pick me Stick- Jr.infant)
Watermelon

Greek Yogurt
Blueberries
Crackers

Noan Bites
Cucumber/
Ranch Dressing

Graham Crackers
(*Mum Mum- Jr.infant)
Baby Carrots

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