



PRESCHOOL MENU

Braeside, New Brighton, West 85th

Sep 1- Sep 5

Breakfast

Lunch

PM Snack

M

CAMPUS CLOSED (LABOUR DAY)

T

● Wholewheat Bread
with ● Cheese
Strawberry Coconut Smoothie

● ● ● ● Lasagna
Baby Carrots
● Milk

● Greek Yogurt
Blueberries
● Crackers

W

● ● Scrambled Egg
● Toasted Bread
● Milk

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

● Organic Sweet Potato
Apple Sauce

TH

● ● Kellogg's Vector Cereal
Apple Slices
● Milk

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

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

Lunch

PM Snack

M

●●●● French Toast
Apple Slices
● Milk

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

Greek Spinach Pie
●●●● Watermelon

T

● Berries Energy Bar
● Milk

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

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

●● Graham Crackers
Baby Carrots

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.



PRESCHOOL MENU

Braeside, New Brighton, West 85th

Sep 15- Sep 19

Breakfast

Lunch

PM Snack

M	<ul style="list-style-type: none">● Mini WheatsOranges● Milk	<ul style="list-style-type: none">● Spaghetti Beef (Buckwheat) BologneseSteamed Corn, Peas, Carrots & Beans● Milk	<ul style="list-style-type: none">● Strings Cheese● (Ricotta Cheese- Jr.infant)Brown Rice Cake
T	<ul style="list-style-type: none">● ● ● PancakesMaple SyrupApple Slices● Milk	<ul style="list-style-type: none">● ● Shepherd's (Vegetarian) PieBanana ● ●● Milk	<ul style="list-style-type: none">● ● Multi Grain CrackerApple Sauce
W	<ul style="list-style-type: none">Berries Overnight OatsMilk	<ul style="list-style-type: none">Sweet & Sour Meat (Vegetarian) balls/RiceSteamed Butternut Squash & Green Beans● Milk	<ul style="list-style-type: none">Greek Spinach Pie● ● ● ●● ● (*Pick me Stick- Jr.infant)Watermelon
TH	<ul style="list-style-type: none">Turkey Sausages● HashbrownsMilk	<ul style="list-style-type: none">Chicken (Chickpea) Curry with RiceSteamed Peas & Carrots● Milk	<ul style="list-style-type: none">● Greek YogurtBlueberries● Crackers
F	<ul style="list-style-type: none">● ● ● ● Whole Wheat BagelCream CheeseBaby Carrots● Milk	<ul style="list-style-type: none">● ● Beef Macaroni Goulash● ● (Mac & Cheese)Banana● Milk	<ul style="list-style-type: none">● ● ● Naan BitesCucumber/● ● ● 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.



PRESCHOOL MENU

Braeside, New Brighton, West 85th

Sep 22- Sep 26

Breakfast

Lunch

PM Snack

M

Apple Cinnamon Oatmeal
● ● ●
● Milk

● ● 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

● ● ● ● Lasagna
Baby Carrots
● Milk

● Greek Yogurt
Blueberries
● Crackers

W

● ● Scrambled Egg
● Toasted Bread
● Milk

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

● Organic Sweet Potato
Apple Sauce

TH

● ● Kellogg's Vector Cereal
Apple Slices
● Milk

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

● Berries Energy Bar
● Milk

F

● ● Frittata
● Milk

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

Early
Dismissal

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.



INFANT MENU

Braeside, New Brighton, West 85th

Sep 29- Oct 3

Breakfast

Lunch

PM Snack

M	<div><div></div><div></div><div></div><div></div></div> <div>French Toast Apple Slices Milk</div>	<div>Turkey Ham (Spiced Jumbo Fava Beans) & Cheese Bowties Fresh Steamed Carifonia Style Veggies Milk</div>	<div>Greek Spinach Pie Watermelon</div>
T	<div><div></div></div> <div>Berries Energy Bar Milk</div>	<div><div></div>Beef Mexican Casserole with Tortillas <div><div></div><div></div><div></div></div><div><div></div><div></div>Mexican Bean & Rice Casseroles) Baby Carrots Milk</div></div>	<div><div></div>Greek Yogurt Blueberries Crackeres</div>
W	<div><div></div><div></div><div></div><div></div></div> <div>Whole Wheat Bagel Cream Cheese Baby Carrots Milk</div>	<div>Sloppy Chicken Joe's (BBQ Crumbled Tofu) With Soft Rolls Steamed Yellow Corn Milk</div>	<div><div></div><div></div><div></div>Naan Bites Cucumber/ <div><div></div><div></div><div></div>Ranch Dressing</div></div>
TH	<div>Berries Overnight Oats Oranges</div>	<div><div></div>Butter Panner with Rice Steamed Peas & Carrots Milk</div>	<div><div></div><div></div>Multi Grain Cracker Apple Sauce</div>
F	<div><div></div><div></div><div></div><div></div></div> <div>Waffles Milk</div>	<div>Chicken (Vegetable) Chowmein <div><div></div><div></div><div></div></div><div>Cucumber Milk</div></div>	<div><div></div><div></div>Graham Crackers Baby Carrots</div>

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.