

Breakfast

AM Snack

Lunch

PM Snack

M

Apple Cinnamon Oatmeal



Milk

Goldfish Crackers
(*Mum Mum- Jr.infant)
Oranges

Lasagna
Baby Carrots
Milk

Greek Yogurt
Blueberries
Crackers

T

Scrambled Egg
Toasted Bread
Milk

Strings Cheese
(Ricotta Cheese- Jr.infant)
Apple Slices

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

Greek Yogurt
Blueberries

Chicken (Tofu) Fried Rice
Green Peas
Milk

Cheese Bites
Apple Sauce

TH

Kellogg's Vector Cereal
Apple Slices
Milk

Butterflake Roll
Mixed Berry Smoothie

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

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

F

Frittata
Milk

Oatmeal Cookies
Mandarins

Chicken Fajita w Mushroom Gravy
(Paneer 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, ingredient, & 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

Nov 10 - Nov 14

Bridgeland, Beltline, Centennial, McKnight

Breakfast

AM Snack

Lunch

PM Snack

M

● ● ● ● French Toast
Apple Slices
● Milk

● Greek Yogurt
Mango

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

● ● Multi Grain Cracker
Apple Sauce

T

CAMPUS CLOSED (REMEMBERANCE DAY)

W

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

● ● ● ● ●
Butterflake Roll
Oranges

● Butter Panner with Rice
Steamed Peas & Carrots
● Milk

● Greek Yogurt
Blueberries
● Crackers

TH

● ● ● ● Waffles
● Milk

● ● ● Oatmeal Cookies
Mandarins

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

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

F

Berries Overnight Oats
Oranges

Brown Rice Cake
Banana
● Milk

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

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

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Breakfast

AM Snack

Lunch

PM Snack

M ● Mini Wheats - Oranges ● Milk	● Greek Yogurt - Mango	● ● Shepherd's (Vegetarian) Pie - Banana ● ● ● Milk	● Strings Cheese ● (Ricotta Cheese- Jr.infant) - Brown Rice Cake
T ● ● ● ● Pancakes - Maple Syrup - Baby Carrots ● Milk	● ● ● Oatmeal Cookies - Mandarins	● Spaghetti Beef (Buckwheat) Bolognese - Steamed Corn, Peas, Carrots & Beans ● Milk	● ● Multi Grain Cracker - Apple Sauce
W ● ● ● ● Whole Wheat Bagel ● Cream Cheese - Apple Slices ● Milk	- Brown Rice Cake - Banana ● Milk	- Chicken (Chickpea) Curry with Rice - Steamed Peas & Carrots ● Milk	- Greek Spinach Pie ● ● ● ● ● ● (*Pick me Stick- Jr.infant) - Oranges
TH ● Turkey Sausages ● Hashbrowns ● Milk	● ● ● ● Butterflake Roll - Strawberry Banana Smoothie	- 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	● Strings Cheese - Oranges	● ● Beef Macaroni Goulash ● ● (Mac & Cheese) - Banana ● Milk	● ● ● Naan Bites - Cucumber/ ● ● ● Ranch Dressing

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INFANT MENU

Bridgeland, Beltline, Centennial, McKnight

Nov 24 - Nov 28

	Breakfast	AM Snack	Lunch	PM Snack
M	Apple Cinnamon Oatmeal ● ● ● ● Milk	● ● Goldfish Crackers (*Mum Mum- Jr.infant) Oranges	● ● ● ● Lasagna Baby Carrots ● Milk	● Greek Yogurt Blueberries ● Crackers
T	● ● Scrambled Egg ● Toasted Bread ● Milk	● Strings Cheese ● (Ricotta Cheese- Jr.infant) Apple Slices	● ● 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	● Greek Yogurt Blueberries	● ● Chicken (● Tofu) Fried Rice Green Peas ● Milk	● ● Cheese Bites Apple Sauce
TH	● ● Kellogg's Vector Cereal Apple Slices ● Milk	● ● ● ● ● Butterflake Roll Mixed Berry Smoothie	● ● Cheese burger Pasta (Buckwheat) Fresh Steamed Broccoli & Califlower ● Milk	● Berries Energy Bar (Baby Food Puree-- Jr.infant) ● Milk

F

CAMPUS CLOSED (PTI)

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