



# INFANT MENU

Oct 6- Oct 10

Bridgeland, Beltline, Centennial, McKnight

## 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

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

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# INFANT MENU

Bridgeland, Beltline, Centennial, McKnight

Oct 13- Oct 17

Breakfast

AM Snack

Lunch

PM Snack

M CAMPUS CLOSED (THANKSGIVING DAY)

T	<div><div></div><div></div> Scrambled Egg</div> <div><div></div> Toasted Bread</div> <div><div></div> Milk</div>	<div><div></div> Strings Cheese</div> <div><div></div> (Ricotta Cheese- Jr.infant)</div> <div>Apple Slices</div>	<div><div></div><div></div> Mac n' Cheese with Italian Meat(Vegetarian) balls</div> <div>Steamed Carrots &amp; Green Beans</div> <div><div></div> Milk</div>	Vegetarian Spring Rolls <div><div></div><div></div></div> <div>(Rice Cereal- Jr.infant)</div> <div>Baby Carrots</div>
W	<div><div></div> Wholewheat Bread with <div></div> Cheese</div> <div>Strawberry Coconut Smoothie</div>	<div><div></div> Greek Yogurt</div> <div>Blueberries</div>	<div><div></div><div></div> Chicken ( <div></div> Tofu ) Fried Rice</div> <div>Green Peas</div> <div><div></div> Milk</div>	<div><div></div><div></div> Cheese Bites</div> <div>Apple Sauce</div>
TH	<div><div></div><div></div> Kellogg's Vector Cereal</div> <div>Apple Slices</div> <div><div></div> Milk</div>	<div><div></div><div></div><div></div><div></div><div></div> Butterflake Roll</div> <div>Mixed Berry Smoothie</div>	<div><div></div><div></div> Cheese burger Pasta (Buckwheat)</div> <div>Fresh Steamed Broccoli &amp; Califlower</div> <div><div></div> Milk</div>	<div><div></div> Berries Energy Bar</div> <div>(Baby Food Puree-- Jr.infant)</div> <div><div></div> Milk</div>
F	<div><div></div><div></div> Frittata</div> <div><div></div> Milk</div>	<div><div></div><div></div><div></div> Oatmeal Cookies</div> <div>Mandarins</div>	<div><div></div><div></div><div></div> Chicken Fajita w Sweet BBQ Sauce</div> <div>(Paneer Tikka Masala) with Rice</div> <div>Oranges</div> <div><div></div> Milk</div>	<div><div></div> Strings Cheese</div> <div><div></div> (Ricotta Cheese- Jr.infant)</div> <div>Brown Rice Cake</div>

Allegy Alert! Some menu items may contain:  gluten,  dairy,  soy,  egg,  sesame  Fish Green highlight is Vegetarian Menu.

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# INFANT MENU

Oct 20- Oct 24

Bridgeland, Beltline, Centennial, McKnight

Breakfast

AM Snack

Lunch

PM Snack

M

CAMPUS CLOSED (PD DAY)

T

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

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

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

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

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)  
● Cheese Slices  
Baby Carrots

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## Breakfast

## AM Snack

## Lunch

## PM Snack

<p><b>M</b></p> <ul style="list-style-type: none"> <li>● Mini Wheats</li> <li>Oranges</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Greek Yogurt</li> <li>Mango</li> </ul>	<ul style="list-style-type: none"> <li>● ● Shepherd's (Vegetarian) Pie</li> <li>Banana ● ●</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Strings Cheese</li> <li>● (Ricotta Cheese- Jr.infant)</li> <li>Brown Rice Cake</li> </ul>
<p><b>T</b></p> <ul style="list-style-type: none"> <li>● ● ● ● Pancakes</li> <li>Maple Syrup</li> <li>Baby Carrots</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● ● ● Oatmeal Cookies</li> <li>Mandarins</li> </ul>	<ul style="list-style-type: none"> <li>● Spaghetti Beef (Buckwheat) Bolognese</li> <li>Steamed Corn, Peas, Carrots &amp; Beans</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● ● Multi Grain Cracker</li> <li>Apple Sauce</li> </ul>
<p><b>W</b></p> <ul style="list-style-type: none"> <li>● ● ● ● Whole Wheat Bagel</li> <li>● Cream Cheese</li> <li>Apple Slices</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>Brown Rice Cake</li> <li>Banana</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>Chicken (Chickpea) Curry with Rice</li> <li>Steamed Peas &amp; Carrots</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>Greek Spinach Pie</li> <li>● ● ● ●</li> <li>● ● (*Pick me Stick- Jr.infant)</li> <li>Oranges</li> </ul>
<p><b>TH</b></p> <ul style="list-style-type: none"> <li>Turkey Sausages</li> <li>● Hashbrowns</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● ● ● ● Butterflake Roll</li> <li>Strawberry Banana Smoothie</li> </ul>	<ul style="list-style-type: none"> <li>Sweet &amp; Sour Meat (Vegetarian) balls/Rice</li> <li>Steamed Butternut Squash</li> <li>&amp; Green Beans</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Greek Yogurt</li> <li>Blueberries</li> <li>● Crackers</li> </ul>
<p><b>F</b></p> <ul style="list-style-type: none"> <li>● Wow Butter Banana Energy Shake</li> <li>● ● ● Oatmeal Cookies</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Strings Cheese</li> <li>Oranges</li> </ul>	<ul style="list-style-type: none"> <li>● ● Beef Macaroni Goulash</li> <li>● ● (Mac &amp; Cheese)</li> <li>Banana</li> <li>● Milk</li> </ul>	<ul style="list-style-type: none"> <li>● ● ● Naan Bites</li> <li>Cucumber/</li> <li>● ● ● Ranch Dressing</li> </ul>

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