

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 & Green Beans

Milk

Vegetarian Spring Rolls
Baby Carrots

W

Wholewheat Bread
with Cheese
Strawberry Coconut Smoothie

Chicken (Tofu) Fried Rice
Green Peas
 Milk

Cheese Bites
Apple Sauce

TH

Kellogg's Vector Cereal
Apple Slices
 Milk

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

Berries Energy Bar
 Milk

F

Frittata
 Milk

Chicken Fajita w Mushroom Gravy
(Paneer Tikka Masala) with Rice
Oranges
 Milk

Strings Cheese
Brown Rice Cake

Allegry 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

Nov 10 - Nov 14

Bridgeland, Beltline, Centennial, McKnight

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

CAMPUS CLOSED (REMEMBERANCE DAY)

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
Baby Carrots

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Breakfast

Lunch

PM Snack

M

● Mini Wheats
Oranges
● Milk

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

● Strings Cheese
Brown Rice Cake

T

● ● ● Pancakes
Maple Syrup
Baby Carrots
● Milk

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

● ● Multi Grain Cracker
Apple Sauce

W

● ● ● Whole Wheat Bagel
● Cream Cheese
Apple Slices
● Milk

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

Greek Spinach Pie
● ● ● Oranges

TH

● Turkey Sausages
● Hashbrowns
● Milk

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

● ● 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 & Green Beans Milk	Vegetarian Spring Rolls Baby Carrots
W	Wholewheat Bread with Cheese Strawberry Coconut Smoothie	Chicken (Tofu) Fried Rice Green Peas Milk	Cheese Bites Apple Sauce
TH	Kellogg's Vector Cereal Apple Slices Milk	Cheese burger Pasta (Buckwheat) Fresh Steamed Broccoli & Califlower Milk	Berries Energy Bar Milk

F

CAMPUS CLOSED (PTI)

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