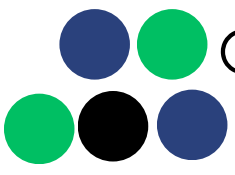


	Breakfast	Lunch	PM Snack
M	Apple Cinnamon Oatmeal  Milk	 Mac n' Cheese with Italian Meat(Vegetarian) balls Steamed Carrots & Green Beans Milk	 Vegetarian Spring Rolls Baby Carrots
T	 Wholewheat Bread with  Cheese Strawberry Coconut Smoothie	 Lasagna Baby Carrots Milk	 Greek Yogurt Blueberries  Crackers
W	 Scrambled Egg  Toasted Bread Milk	 Cheese burger Pasta (Buckwheat) Fresh Steamed Broccoli & Califlower Milk	 Cheese Bites 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 Mushroom Gravy (Parneer 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
Oranges

T

CAMPUS CLOSED (REMEMBERANCE DAY)

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.

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PRESCHOOL MENU

Braeside, New Brighton, West 85th

Nov 17- Nov 21

Breakfast

Lunch

PM Snack

M

● Mini Wheats
Oranges
● Milk

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

● Strings Cheese
Brown Rice Cake

T

● ● ● Pancakes
Maple Syrup
Baby Carrots
● Milk

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

● ● Multi Grain Cracker
Apple Sauce

W

● Turkey Sausage
● Hashbrowns
● Milk

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

Greek Spinach Pie
● ● ●
Oranges

TH

● Wow Butter Banana Energy Shake
● ● ● Oatmeal Cookies

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

● Greek Yogurt
Blueberries
● Crackers

F

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

● ● 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.

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PRESCHOOL MENU

Braeside, New Brighton, West 85th

Nov 24- Nov 28

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

● ● Cheese Bites
Apple Sauce

TH

● ● Kellogg's Vector Cereal
Apple Slices
● Milk

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

● Berries Energy Bar
● Milk

F

CAMPUS CLOSED (PTI)

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

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