



# PRESCHOOL MENU

Oct 6- Oct 10

Bridgeland, Beltline, Centennial, McKnight

## 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

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

Oct 13- Oct 17

Bridgeland, Beltline, Centennial, McKnight

Breakfast

Lunch

PM Snack

M

CAMPUS CLOSED (THANKSGIVING DAY)

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 Sweet BBQ Sauce  
(Paneer Tikka Masala) with Rice  
Oranges  
● Milk

● Strings Cheese  
Brown Rice Cake

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# PRESCHOOL MENU

Oct 20- Oct 24

Bridgeland, Beltline, Centennial, McKnight

Breakfast

Lunch

PM Snack

M

CAMPUS CLOSED (PD DAY)

T

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

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

● 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  
● Cheese Slices  
Baby Carrots

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# PRESCHOOL MENU

Oct 27- Oct 31

Bridgeland, Beltline, Centennial, McKnight

## 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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