fuelingbrains ACADEMY™

PRESCHOOL MENU
Braeside, New Brighton, West 85th

Oct 6- Oct 10

Breakfast | Lunch | PM Snack

M (Monday)
Breakfast:
- 🟠 Mini Wheats
- Oranges
- 🔵 Milk

Lunch:
- 🟠 Spaghetti Beef (Buckwheat) Blolognese
- Steamed Corn, Peas, Carrots & Beans
- 🔵 Milk

PM Snack:
- 🔵 Strings Cheese
- Brown Rice Cake

T (Tuesday)
Breakfast:
- 🔵🟢🟠🔴 Pancakes
- Maple Syrup
- Baby Carrots
- 🔵 Milk

Lunch:
- 🟢🔵 Shepherd's (Vegetarian) Pie
- Banana 🟢🔵🟠
- 🔵 Milk

PM Snack:
- ⚫🟢 Multi Grain Cracker
- Apple Sauce

W (Wednesday)
Breakfast:
- Turkey Sausages
- 🟠 Hashbrowns
- 🔵 Milk

Lunch:
- Sweet & Sour Meat (Vegetarian) balls/Rice
- Steamed Butternut Squash & Green Beans
- 🔵 Milk

PM Snack:
- Greek Spinach Pie 🟠🔴🟢🔵
- Oranges

TH (Thursday)
Breakfast:
- 🟢 Wow Butter Banana Energy Shake
- 🟠🟢🔴 Oatmeal Cookies
- 🔵 Milk

Lunch:
- Chicken (Chickpea) Curry with Rice
- Steamed Peas & Carrots
- 🔵 Milk

PM Snack:
- 🔵 Greek Yogurt
- Blueberries
- 🟠 Crackers

F (Friday)
Breakfast:
- ⚫🟠🔵🟢 Whole Wheat Bagel
- 🔵 Cream Cheese
- Apple Slices
- 🔵 Milk

Lunch:
- 🟠🔵 Beef Macaroni Goulash 🟠🔵 (Mac & Cheese)
- Banana
- 🔵 Milk

PM Snack:
- 🟠🟢🔵 Naan Bites
- Cucumber/
- 🔴🟢🔵 Ranch Dressing

Allegy Alert! Some menu items may contain: 🟠 gluten, 🔵 dairy, 🟢 soy, 🔴 egg, ⚫ sesame. 🩷 Fish . Green highlight is Vegtarian 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.
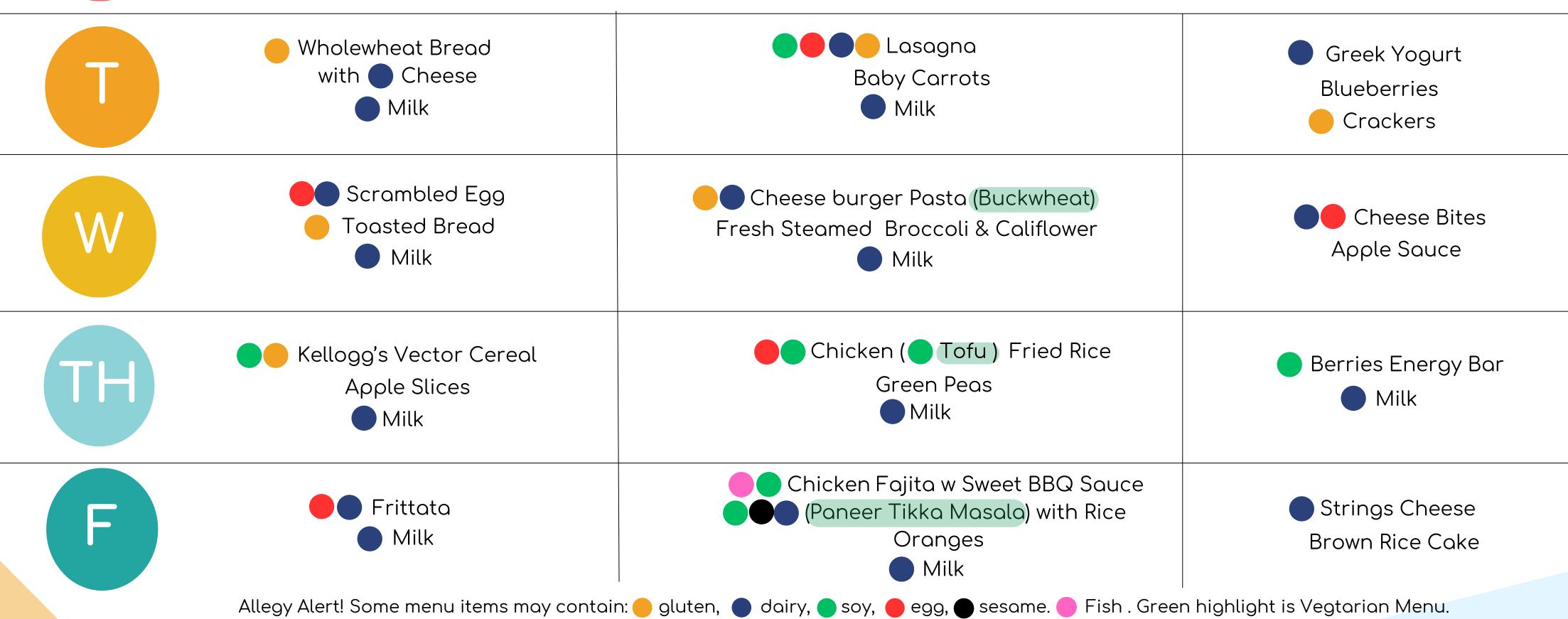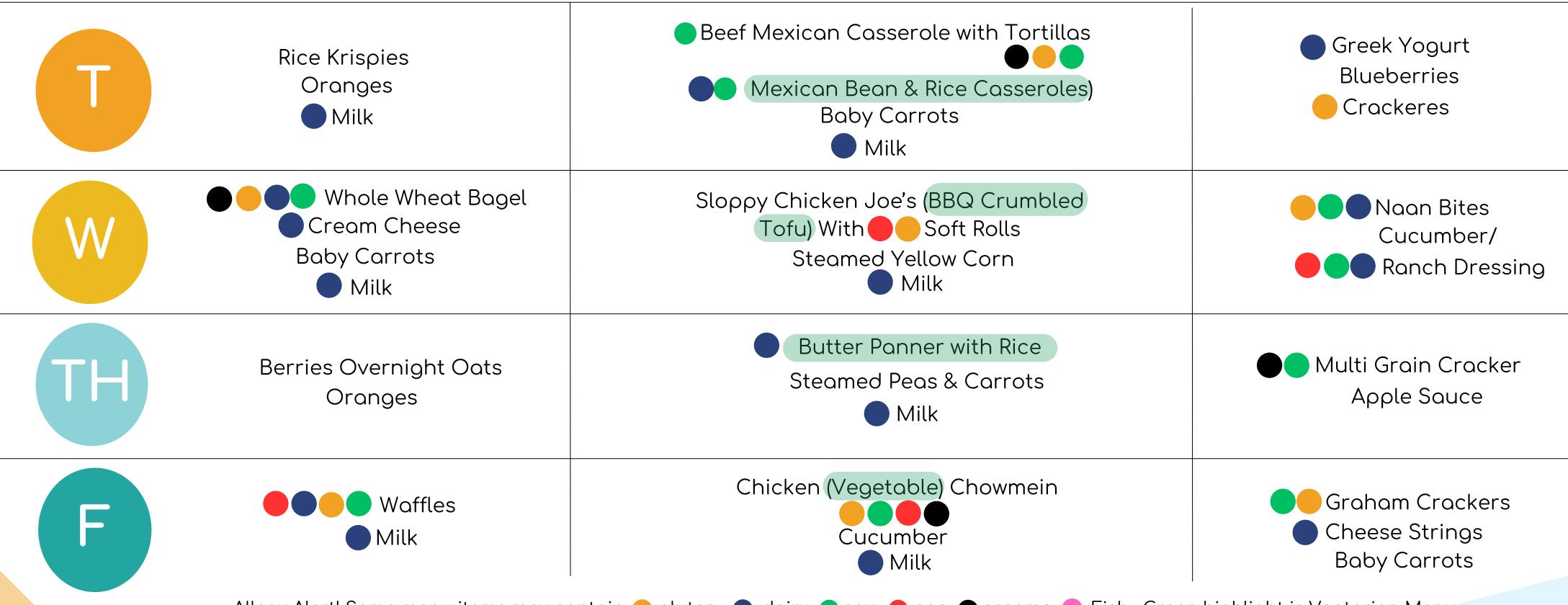
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PRESCHOOL MENU

Braeside, New Brighton, West 85th

Oct 13- Oct 17

	Breakfast	Lunch	PM Snack
M	CAMPUS CLOSED (THANKSGIVING DAY)		
T	🟠 Wholewheat Bread with 🔵 Cheese 🔵 Milk	🟢🔴🔵🟠 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 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
Braeside, New Brighton, West 85th

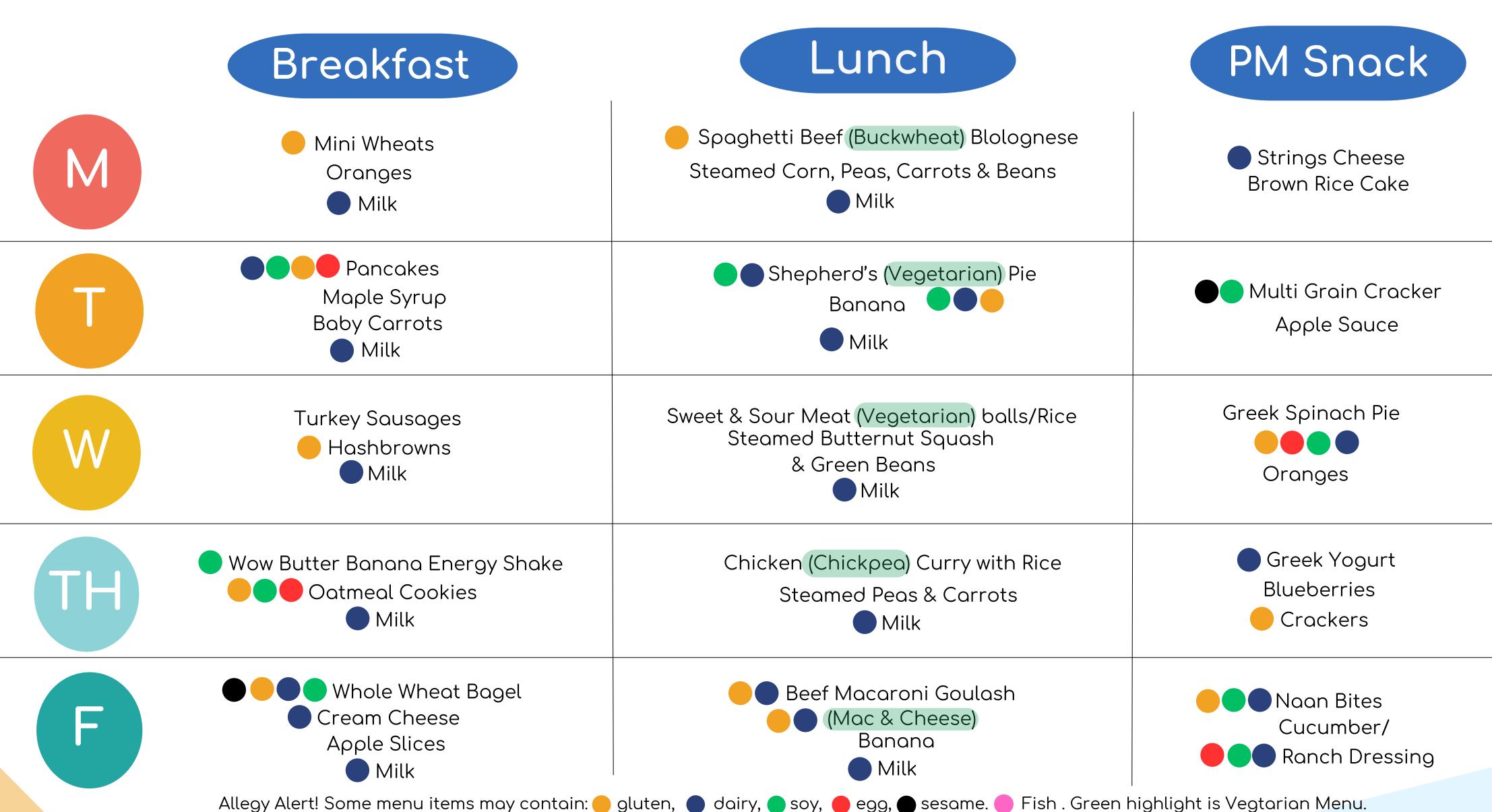|	**Breakfast**	**Lunch**	**PM Snack**
M	CAMPUS CLOSED (PD DAY)		
T	Rice Krispies Oranges ● Milk	● Beef Mexican Casserole with Tortillas ●●● ●● Mexican Bean & Rice Casseroles) Baby Carrots ● Milk	● Greek Yogurt Blueberries ● Crackeres
W	●●●● Whole Wheat Bagel ● Cream Cheese Baby Carrots ● Milk	Sloppy 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 ● Cheese Strings Baby Carrots

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