



# PRESCHOOL MENU

Dec 1- Dec 5

Bridgeland, Beltline, Centennial, McKnight

## Breakfast

## Lunch

## PM Snack

M	<div><div></div><div></div><div></div><div></div></div> <div>French Toast</div> <div>Apple Slices</div> <div>Milk</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>Beef Mexican Casserole with Tortillas</div> <div>Mexican Bean &amp; Rice Casseroles)</div> <div>Baby Carrots</div> <div>Milk</div>	<div><div></div><div></div></div> <div>Multi Grain Cracker</div> <div>Apple Sauce</div>
T	<div><div></div><div></div><div></div><div></div><div></div></div> <div>Whole Wheat Bagel</div> <div>Cream Cheese</div> <div>Baby Carrots</div> <div>Milk</div>	<div><div></div><div></div><div></div><div></div></div> <div>Turkey Ham (Spiced Jumbo Fava Beans)</div> <div>&amp; Cheese Bowties</div> <div>Fresh Steamed Carifonia Style Veggies</div> <div>Milk</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>Greek Spinach Pie</div> <div>(*Pick me Stick- Jr.infant)</div> <div>Oranges</div>
W	<div><div></div><div></div></div> <div>Berries Energy Bar</div> <div>(Baby Food Puree-- Jr.infant)</div> <div>Milk</div>	<div><div></div><div></div><div></div></div> <div>Butter Panner with Rice</div> <div>Steamed Peas &amp; Carrots</div> <div>Milk</div>	<div><div></div><div></div><div></div></div> <div>Greek Yogurt</div> <div>Blueberries</div> <div>Crackers</div>
TH	<div><div></div><div></div><div></div><div></div></div> <div>Waffles</div> <div>Milk</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>Sloppy Chicken Joe's (BBQ Crumbled Tofu) With</div> <div>Soft Rolls</div> <div>Steamed Yellow Corn</div> <div>Milk</div>	<div><div></div><div></div><div></div><div></div></div> <div>Naan Bites</div> <div>Cucumber/</div> <div>Ranch Dressing</div>
F	<div></div> <div>Berries Overnight Oats</div> <div>Oranges</div>	<div><div></div><div></div><div></div><div></div><div></div></div> <div>Chicken (Vegetable) Chowmein</div> <div>Cucumber</div> <div>Milk</div>	<div></div> <div>Early Dismissal</div>

Allegy 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, ingredinent, & 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

- Mini Wheats
- Oranges
- Milk

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

- Strings Cheese
- (Ricotta Cheese- Jr.infant)
- 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
- ● ● ●
- ● (\*Pick me Stick- Jr.infant)
- 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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M

Herb & Cheddar Biscuits

● ● ●  
Apple Sauce

● ● ● ● 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  
● ●  
(Rice Cereal- Jr.infant)  
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  
(Baby Food Puree-- Jr.infant)  
● Milk

F

● ● Frittata  
● Milk

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

● Strings Cheese  
● (Ricotta Cheese- Jr.infant)  
Brown Rice Cake

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