



PRESCHOOL MENU

Aug 3- Aug 7

Bridgeland, Beltline, Centennial, McKnight

Breakfast

Lunch

PM Snack

M CAMPUS CLOSED (HERITAGE DAY)

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 ● Milk	●● Chicken (● Tofu) Fried Rice Green Peas ● Milk	●●● Cheese Sticks Apple Sauce
TH	●● Kellogg's Vector Cereal Apple Slices ● Milk	●●● Egg Salad Sandwich Crispy Dill Pickle Coleslaw ● Milk	● Berries Energy Bar (Baby Food Puree-- Jr.infant) ● Milk
F	Berries Overnight Oats Oranges	●●●● Lasagna Baby Carrots ● Milk	● Strings Cheese ● (Ricotta Cheese- Jr.infant) 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, ingredinent, & 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

Aug 10 -Aug 14

Bridgeland, Beltline, Centennial, McKnight

Breakfast

Lunch

PM Snack

M	French Toast Apple Slices Milk	Beef Spaghetti Bake Vegetarian Tofu w Creamy pasta Apple Slices Milk	Multi Grain Cracker Apple Sauce
T	Whole Wheat Bagel Cream Cheese Baby Carrots Milk	Turkey Ham (Spiced Jumbo Fava Beans) & Cheese Bowties Fresh Steamed Carifonia Style Veggies Milk	Vegetarian Spring Rolls (*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	Banana Blueberry Muffin Milk	Beef Mexican Casserole with Tortillas Mexican Bean & Rice Casseroles) Baby Carrots Milk	Graham Crackers (*Mum Mum- Jr.infant) Apples

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PRESCHOOL MENU

Aug 17- Aug 21

Bridgeland, Beltline, Centennial, McKnight

Breakfast

Lunch

PM Snack

M	Pancakes Apple Slices Milk	Perogies with Beef Stew Baby Carrots Milk	Greek Yogurt Blueberries Crackers
T	Rice Krispies Oranges Milk	Cheese burger Pasta (Buckwheat) Fresh Steamed Broccoli & Califlower Milk	Multi Grain Cracker Watermelon
W	Waffles Oranges Milk	Cream Cheese Pasta Apple Slices Milk	Vegetarian Spring Rolls (Rice Cereal- Jr.infant) Baby Carrots
TH	Scrambled Egg Toasted Bread Milk	Grilled Cheese Sandwich Summer Salad Milk	Cheese Sticks Cucumber/Ranch
F	Cinnamon Rolls Apple Slices Milk	Chili Con Carne (Vegetarian Chili) Tortillas Milk	Strings Cheese (Ricotta Cheese- Jr.infant) Brown Rice Cake

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PRESCHOOL MENU

Aug 24- Aug 28

Bridgeland, Beltline, Centennial, McKnight

Breakfast

Lunch

PM Snack

M	Cheerios Oranges ● Milk	● ● Beef Macaroni Goulash ● ● (Mac & Cheese) Baby Carrots ● Milk	● Strings Cheese ● (Ricotta Cheese- Jr.infant) Brown Rice Cake
T	● ● ● ● Waffles Maple Syrup Banana ● Milk	● Beef (Buckwheat) Bolognese Pasta 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	Lemon Raspberry Muffin ● ● ● 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 ● ● ● Granola Bars	● ● Chicken Nuggets (Cauliflower bites) Apples Slices ● ● ● ● Milk	● ● ● Naan Bites Cucumber/ ● ● ● Ranch Dressing

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