



PRESCHOOL MENU

Aug 31- Sep 4

Bridgeland, Beltline, Centennial, McKnight

Breakfast

Lunch

PM Snack

M

CAMPUS CLOSED (PD 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/ Underline :Halal
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

CAMPUS CLOSED (LABOUR DAY)

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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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)
● Rice
● Milk

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

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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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Breakfast

Lunch

PM Snack

M

Herb & Cheddar Biscuits



Milk

Chicken (Vegetable) Chowmein



Banana

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
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

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