



PRESCHOOL MENU

Braeside, New Brighton, West 85th

Aug 31- Sep 4

Breakfast

Lunch

PM Snack

M CAMPUS CLOSED (PD DAY)

T

- Scrambled Egg
- Toasted Bread
- Milk

- Chicken (Vegetable) Chowmein
- Banana
- Milk

- Greek Yogurt
- Blueberries
- Crackers

W

- Wholewheat Bread with ● Cheese
- Milk

- Egg Salad Sandwich
- Crispy Dill Pickle Coleslaw
- Milk

- Berries Energy Bar
- Milk

TH

- Berries Overnight Oats
- Oranges

- Chicken (● Tofu) Fried Rice
- Green Peas
- Milk

- Cheese Bites
- Apple Sauce

F

- Kellogg's Vector Cereal
- Apple Slices
- Milk

- Lasagna
- Baby Carrots
- Milk

- Strings Cheese
- Brown Rice Cake

Allegy 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, 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

Braeside, New Brighton, West 85th

Sep 7- Sep 11

Breakfast

Lunch

PM Snack

M

CAMPUS CLOSED (LABOUR DAY)

T

Cheerios
Oranges
● Milk

● ● ● Beef(Vegetable) Spaghetti
Apple Slices
● 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

● ●
Banana Blueberry Muffin
● Milk

● Butter Panner with Rice
Steamed Peas & Carrots
● Milk

● ● Multi Grain Cracker
Apple Sauce

F

● ● ● ● Waffles
● Milk

● Beef Mexican Casserole with Tortillas
● ● ● ●
● ● ● Mexican Bean & Rice Casseroles)
Baby Carrots
● Milk

● ● Graham Crackers
Apples

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PRESCHOOL MENU

Braeside, New Brighton, West 85th

Sep 14- Sep 18

Breakfast

Lunch

PM Snack

M

Rice Krispies
Apples
● Milk

●● Goldfish Crackers
Oranges

●● Cheese burger Pasta (Buckwheat)
Fresh Steamed Broccoli & Califlower
● Milk

● Greek Yogurt
Blueberries
● Crackers

T

●●●● Waffles
Oranges
● Milk

● Strings Cheese
Cucumber

●●●● Perogies with Beef Stew
Apples
● Milk

●● Multi Grain Cracker
Watermelon

W

●●●● Pancakes
Apple Slices
● Milk

● Greek Yogurt
Blueberries

●●●● Grilled Cheese Sandwich
Summer Salad
● Milk

Vegetarian Spring Rolls
●● Baby Carrots

TH

●● Scrambled Egg
● Toasted Bread
● Milk

●●● Organic Berry Pick-Me Sticks
Oranges

●● Cream Cheese Pasta
Apple Slices
● Milk

●● Cheese Bites
Cucumber/Ranch
●●●

F

●●●● Cinnamon Rolls
Apple Slices
● Milk

Brown Rice Cake
Peach Slices

●●● Chili Con Carne (Vegetarian Chili)
Rice
● Milk

● Strings Cheese
Brown Rice Cake

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PRESCHOOL MENU

Braeside, New Brighton, West 85th

Sep 21- Sep 25

Breakfast

Lunch

PM Snack

M

Cheerios
Oranges
● Milk

● Greek Yogurt
Mango

● Beef (Buckwheat) Bolognese Pasta
Steamed Corn, Peas, Carrots & Beans
● Milk

● Strings Cheese
Brown Rice Cake

T

● ● ● Waffles
Maple Syrup
Baby Carrots
● Milk

● Organic Banana Rice Rusks
Mandarins

● ● Beef Macaroni Goulash
● ● (Mac & Cheese)
Banana
● Milk

● ● Multi Grain Cracker
Apple Sauce

W

● Turkey Sausage
● Hashbrowns
● Milk

● Strings Cheese
Apple slices

Sweet & Sour Meat (Vegetarian) balls/Rice
● ● Steamed Butternut Squash
& Green Beans
● Milk

Lemon Raspberry Muffin
● ● ● Oranges

TH

● Wow Butter Banana Energy Shake
● ● ● Granola Bars

● ● ● ● Butterflake Roll
Strawberry Banana Smoothie

Chicken (Chickpea) Curry with Rice
Steamed Peas & Carrots
● Milk

● Greek Yogurt
Blueberries
● Crackers

F

● ● ● Whole Wheat Bagel
Cream Cheese
Oranges
● Milk

Mum Mum
Banana

● ● Chicken Nuggets (Cauliflower bites)
Apples Slices
● Milk

● ● ● Naan Bites
Cucumber/
● ● ● Ranch Dressing

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PRESCHOOL MENU

Braeside, New Brighton, West 85th

Sep 28- Oct 2

Breakfast

Lunch

PM Snack

M

Herb & Cheddar Biscuits



Milk

Gerber Mild Cheddar
Oranges

Mac n' Cheese with Italian
Meat(Vegetarian) balls
Steamed Carrots & Green Beans
Milk

Vegetarian Spring Rolls
Baby Carrots

T

Scrambled Egg
Toasted Bread
Milk

Goldfish Crackers
Apple Slices

Chicken (Vegetable) Chowmein
Banana
Milk

Greek Yogurt
Blueberries
Crackers

W

Wholewheat Bread
with Cheese
Milk

Nestlé Cerelac Biscuits
Blueberries

Egg Salad Sandwich
Crispy Dill Pickle Coleslaw
Milk

Berries Energy Bar
Milk

TH

Berries Overnight Oats
Oranges

Butterflake Roll
Pears

Chicken (Tofu) Fried Rice
Green Peas
Milk

Cheese Bites
Apple Sauce

F

Kellogg's Vector Cereal
Apple Slices
Milk

Granola bars
Mandarins

Lasagna
Baby Carrots
Milk

Strings Cheese
Brown Rice Cake

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