fuelingbrains ACADEMY™ PRESCHOOL MENU

Nov 2- Nov 6

Bridgeland, Beltline, Centennial, McKnight

	Breakfast	Lunch	PM Snack
M	French Toast Apple Slices Milk	Vetetarian Cheese Tortellini with Tomato Sauce Baby Carrots 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	Pineapple Carrot Muffin Milk	Beef Mexican Casserole with Tortillas Mexican Bean & Rice Casseroles) Baby Carrots Milk	Graham Crackers (*Mum Mum- Jr.infant) Apples

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, 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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Nov 9 - Nov 13

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 Apple Milk	Cheese burger Pasta (Buckwheat) Fresh Steamed Broccoli & Califlower Milk	Multi Grain Cracker Orange
W	CAMPUS CLOSED (REMEMBRANCE DAY)		
TH	Scrambled Egg Toasted Bread Milk	Grilled Cheese Sandwich Baked Beans Milk	Cheese Sticks Cucumber/Ranch
F	Cinnamon Rolls Oranges Milk	Chili Con Carne (Vegetarian Chili) Rice Milk	Strings Cheese Brown Rice Cake

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fuelingbrains ACADEMY™ PRESCHOOL MENU

Nov 16- Nov 20

Bridgeland, Beltline, Centennial, McKnight

	Breakfast	Lunch	PM Snack
M	Cheerios Oranges Milk	Beef Macaroni Goulash (Mac & Cheese) Baby Carrots Milk	Strings Cheese Brown Rice Cake
T	Waffles Maple Syrup Banana Milk	Beef (Buckwheat) Blolognese 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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PRESCHOOL MENU

Nov 23- Nov 27

Bridgeland, Beltline, Centennial, McKnight

	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	CAMPUS CLOSED (PTI)		

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