

Breakfast

Lunch

PM Snack

M

●●●● French Toast
Apple Slices
● Milk

Turkey Ham (Spiced Jumbo Fava Beans)
●● & Cheese Bowties
Fresh Steamed Carifonia Style Veggies
● Milk

Vegetarian Spring Rolls
●●
Oranges

T

● Berries Energy Bar
● Milk

●●● Beef Spaghetti Bake
Vegetarian Tofu w Creamy pasta
●●● Oranges
● 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

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.

Breakfast

Lunch

PM Snack

M

CAMPUS CLOSED (THANKSGIVING)

T

● ● ● ● Waffles
Apple
● Milk

● ● ● ● Perogies with Beef Stew
Baby Carrots
● Milk

● ● Multi Grain Cracker
Oranges

W

● ● ● ● Pancakes
Banana
● Milk

● ● ● ● Grilled Cheese Sandwich
● Baked Beans
● Milk

Vegetarian Spring Rolls
● ● Apples

TH

● ● Scrambled Egg
● Toasted Bread
● Milk

● ● Chicken Cream Cheese Pasta
Apple Slices
● Milk

● ● Cheese Bites
Cucumber/Ranch
● ● ●

F

● ● ● ● Cinnamon Rolls
Apple Slices
● Milk

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

● Strings Cheese
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

Cheerios
Oranges
● Milk

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

● Strings Cheese
Brown Rice Cake

T

● ● ● Waffles
Maple Syrup
Baby Carrots
● Milk

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

● ● Multi Grain Cracker
Apple Sauce

W

● Turkey Sausage
● Hashbrowns
● Milk

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

Lemon Raspberry Muffin
● ● ●
Oranges

TH

●
Wow Butter Banana Energy Shake
● ● ● Granola Bars

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

● Greek Yogurt
Blueberries
● Crackers

F

CAMPUS CLOSED (PD DAY)

Allergy 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.



PRESCHOOL MENU

Braeside, New Brighton, West 85th

Oct 26 - Oct 30

	Breakfast	Lunch	PM Snack
M	Herb & Cheddar Biscuits Milk	Mac n' Cheese with Italian <u>Meat</u> (Vegetarian) <u>balls</u> Steamed Carrots & Green Beans Milk	Vegetarian Spring Rolls Baby Carrots
T	Scrambled Egg Toasted Bread Milk	<u>Chicken</u> (Vegetable) <u>Chowmein</u> 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.