



PRESCHOOL MENU

Oct 5- Oct 9

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

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

Oct 12- Oct 16

Bridgeland, Beltline, Centennial, McKnight

Breakfast

Lunch

PM Snack

M

CAMPUS CLOSED (THANKSGIVING)

T

Rice Krispies
Apple
Milk

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

Multi Grain Cracker
Oranges

W

Waffles
Banana
Milk

Chicken Cream Cheese Pasta
Apple Slices
Milk

Vegetarian Spring Rolls
(Rice Cereal- Jr.infant)
Baby Carrots

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

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

Oct 19- Oct 23

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) 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

CAMPUS CLOSED (PD DAY)

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.

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
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.