



PRESCHOOL MENU

July 6- July 10

Bridgeland, Beltline, Centennial, McKnight

Breakfast

Lunch

PM Snack

M

Herb & Cheddar Biscuits



Chicken (Vegetable) Chowmein



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

Allegry Alert! Some menu items may contain: gluten, dairy, soy, egg, sesame, Fish. Green highlight is Vegetarian Menu.

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

July 13- July 17

Bridgeland, Beltline, Centennial, McKnight

Breakfast

Lunch

PM Snack

M

French Toast
Apple Slices
Milk

T

Whole Wheat Bagel
Cream Cheese
Baby Carrots
Milk

W

Berries Energy Bar
(Baby Food Puree-- Jr.infant)
Milk

TH

Waffles
Milk

F

Banana Blueberry Muffin
Milk

Beef Spaghetti Bake
Vegetarian Tofu w Creamy pasta
Apple Slices
Milk

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

Butter Panner with Rice
Steamed Peas & Carrots
Milk

Sloppy Chicken Joe's (BBQ Crumbled Tofu) With Soft Rolls
Steamed Yellow Corn
Milk

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

Multi Grain Cracker
Apple Sauce

Vegetarian Spring Rolls
(*Pick me Stick- Jr.infant)
Oranges

Greek Yogurt
Blueberries
Crackers

Naan Bites
Cucumber/
Ranch Dressing

Graham Crackers
(*Mum Mum- Jr.infant)
Apples

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PRESCHOOL MENU

July 20- July 24

Bridgeland, Beltline, Centennial, McKnight

Breakfast

Lunch

PM Snack

M	Herb & Cheddar Biscuits 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) Tortillas Milk	Strings Cheese (Ricotta Cheese- Jr.infant) Brown Rice Cake

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PRESCHOOL MENU

July 27- July 31

Bridgeland, Beltline, Centennial, McKnight

Breakfast

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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