



PRESCHOOL MENU

Braeside, New Brighton, West 85th

July 6- July 10

Breakfast

Lunch

PM Snack

M

Herb & Cheddar Biscuits



Milk

T

Scrambled Egg

Toasted Bread



Milk

W

Wholewheat Bread
with Cheese



Milk

TH

Berries Overnight Oats
Oranges

F

Kellogg's Vector Cereal

Apple Slices



Milk

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

Chicken (Vegetable) Chowmein
Banana
Milk

Egg Salad Sandwich
Crispy Dill Pickle Coleslaw
Milk

Chicken (Tofu) Fried Rice
Green Peas
Milk

Lasagna
Baby Carrots
Milk

Vegetarian Spring Rolls
Baby Carrots

Greek Yogurt
Blueberries
Crackers

Berries Energy Bar
Milk

Cheese Bites
Apple Sauce

Strings Cheese
Brown Rice Cake

Allergy 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.

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
●●● 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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Breakfast

Lunch

PM Snack

M

Rice Krispies
Apples
● Milk

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

● Greek Yogurt
Blueberries
● Crackers

T

● ● ● Waffles
Oranges
● Milk

● ● ● Perogies with Beef Stew
Apples
● Milk

● ● Multi Grain Cracker
Watermelon

W

Herb & Cheddar Biscuits
● ● ●
● Milk

● ● ● Grilled Cheese Sandwich
Summer Salad
● Milk

Vegetarian Spring Rolls
● ●
Baby Carrots

TH

● ● Scrambled Egg
● Toasted Bread
● Milk

● ● Cream Cheese Pasta
Apple Slices
● Milk

● ● Cheese Bites
Cucumber/Ranch
● ● ●

F

● ● ● Cinnamon Rolls
Apple Slices
● Milk

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

● Strings Cheese
Brown Rice Cake

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PRESCHOOL MENU

Braeside, New Brighton, West 85th

July 27- July 31

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

● ● ● ● Whole Wheat Bagel
Cream Cheese
Oranges
● Milk

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

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

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