



Breakfast

Lunch

PM Snack

M

CAMPUS CLOSED (Civic Holiday)

T

●●●● French Toast
● Milk

●●●● Vegetarian Egg Chowmein
Cucumber
● Milk

●● Peach Crisp
● Yogurt

W

●● Scrambled Eggs
●● Potato Wedges
● Milk

●●●● Vegetarian Chili
●●● Dinner Roll
● Milk

●● Arrowroot Cookies
Apple Sauce

TH

●●●● Spiced Apple Cake
● Milk

●● Macaroni & Cheese
Broccoli Florets
● Milk

●●●● Pineapple Carrot Muffin
Apple Slices

F

● Multigrain Cheerios
● Milk
Banana

●●● Mexican Bean & Rice Casserole
● Milk

● Cheese Strings
Orange Slices

Allergy Alert! Some menu items may contain: ● gluten, ● dairy, ● soy, ● meat, ● egg, ● sesame.

Please note that Infants are supplied Whole Milk and Preschool children are supplied 2% Milk. Fueling Brains Academy is a proud partner with Calgary Meals on Wheels.

Disclaimer: While we strive to provide accurate information regarding the menu, ingredients, & 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 & Cheese Biscuits
● Milk

● Macaroni & Cheese
Salad
(Lettuce, Tomato, Cucumber)
● Milk

● Spiced Apple Cake
● Milk

T ● Pancakes/ Maple Syrup
Banana

● Vegetarian Shepherd's Pie
Carrot Sticks
● Milk

● Gingersnap Cookies
Orange Slices

W ● Western Frittata
Apple Sauce

● Vegetarian Chili
Steamed Vegetables:
(Carrots, Corn, Beans, Peas)
● Milk

Diced Peach Cup
● Arrowroot Cookies

TH ● Plain Bagel
● Cream Cheese
● Yogurt

● Mexican Bean & Rice Casserole
Cucumber
● Milk

● Pineapple Carrot Muffin
Apple Slices

F ● Mini Wheats
Banana
● Milk

● Perogies (Potato/Cheddar)
Roasted Potato
● Milk

● Ginger Pear Crisp
Orange Slices

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M

●●● Plain Bagel
● Cream Cheese
Banana

●● Macaroni & Cheese
Steamed Diced Carrots
● Milk

●● Digestive Cookie
Orange Slices

T

●●●● French Toast
● Milk

●●● Mexican Bean &
Rice Casserole
Steamed Vegetables:
(Carrots, Corn, Beans, Peas)
● Milk

● Cheese Strings
Apple Slices

W

●●●● Spiced Apple Cake
● Milk

●●● Vegetarian
Shepherd's Pie
Green Peas
● Milk

●●●● Toast Bread
Assorted Veggies
(Cauliflower, Carrot,
Broccoli, Tomato)

TH

● Multigrain Cheerios
● Milk
Banana

●●●● Perogies
(Potato/Cheddar)
Steamed Vegetables:
(Carrots, Corn, Beans, Peas)
● Milk

●●●● Mixed Berry
Muffin
Mandarins

F

●●●● Pancakes/ Maple Syrup
● Milk

●●●● Vegetarian
Egg Chowmein
Orange Slices
● Milk

●●●● Gingersnap Cookies
Apple Slices

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M

●●● Apple Cinnamon Oatmeal
● Milk

●● Macaroni & Cheese
Carrot Sticks
●● Mashed Potatoes
● Milk

●●● Herb & Cheese Biscuit
Orange Slices

T

●● Scrambled Eggs
●● Potato Wedges
● Milk

●●●● Perogies
(Potato/Cheddar)
●● Penne Pasta
Tomato Diced
● Milk

●●●● Pineapple
Carrot Muffin
● Yogurt

W

●●●● Pancakes/ Maple Syrup
● Milk

●●●● Vegetarian Egg Chowmein
● Rice
● Milk

●●●● Toasted Bread
Assorted Veggies
(Cauliflower, Carrot,
Broccoli, Tomato)

TH

Cornflakes
● Milk
Banana

●●●● Perogies
(Potato/Cheddar)
●●● Cucumber, Carrot with
Ranch Dressing

● Cheese Strings
Orange

F

●●●● Plain Bagel
● Cream Cheese
● Milk

●●● Vegetarian Chili
●● Dinner Roll
Orange

Apple Sauce
●● Digestive Cookie

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