



Breakfast

AM Snack

Lunch

PM Snack

M

CAMPUS CLOSED (Labour Day)

T

●●●● French Toast
● Milk

● Strings Cheese
Banana

●●●● Chicken Chowmein
Cucumber
● Milk

●● Peach Crisp
● Yogurt

W

●● Scrambled Eggs
●● Potato Wedges
● Milk

●●●● Pancakes
Apple Slices

●●●● Beef Stew
●●● Dinner Roll
● Milk

●● Arrowroot Cookies
Apple Sauce

TH

●●●● Spiced Apple Cake
● Milk

● Greek Yogurt
Blueberries

●●● Spaghetti Bake
Broccoli Florets
● Milk

●●●● Pine Apple
Carrot Muffin
Apple Slices

F

● Multigrain Cheerios
● Milk
Banana

●●● Blueberry Bran Muffin
● Milk

●●●● Chick en &
Vegetable Stirfry
● Rice
● Milk

● Strings Cheese
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.



INFANT REGULAR MENU

(Bridgeland, Centennial, Mcknight)

Sep 9 - Sep 13

Breakfast

AM Snack

Lunch

PM Snack

M

●●● Herb & Cheese Biscuits
● Milk

● Apple Slices
●● Crackers

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

●●●● Spiced Apple Cake
● Milk

T

●●●● Pancakes/ Maple Syrup
Banana

● Greek Yogurt
Strawberries

●●●● Chicken & Vegetable Stirfry
● Rice
● Milk

●●●● Gingersnap Cookies
Orange Slices

W

●● Western Frittata
Apple Sauce

●●● Cheddar Bread Sticks
● Milk

●●●● Beef Lasagna
Steamed Vegetables:
(Carrots, Corn, Beans, Peas)
● Milk

● Diced Peach Cup
●● Arrowroot Cookies

TH

●●● Plain Bagel
● Cream Cheese
● Yogurt

●● Strings Cheese
Cucumber

●●●● Butter Chicken
● Rice
Cucumber
● Milk

●●●● Pineapple Carrot Muffin
Apple Slices

F

● Mini Wheats
Banana
● Milk

●●●● Spiced Apple Cake
● Milk

●●●● Chicken Tenders
Roasted Potato
● Milk

●● Ginger Pear Crisp
Orange Slices

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Breakfast

Lunch

PM Snack

M

CAMPUS CLOSED (Labour Day)

T

●●●● French Toast
● Milk

●●●● Chicken Chowmein
Cucumber
● Milk

●● Peach Crisp
● Yogurt

W

●● Scrambled Eggs
●● Potato Wedges
● Milk

●●●● Beef Stew
●●● Dinner Roll
● Milk

●● Arrowroot Cookies
Apple Sauce

TH

●●●● Spiced Apple Cake
● Milk

●●● Spaghetti Bake
Broccoli Florets
● Milk

●●●● Pineapple
Carrot Muffin
Apple Slices

F

● Multigrain Cheerios
● Milk
Banana

●●●● Chicken & Vegetable Stirfry
● Rice
● Milk

● Strings Cheese
Orange Slices

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PRESCHOOL REGULAR MENU

(Bridgeland, Centennial, Mcknight)

Sep 9 - Sep 13

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

● Chicken & Vegetable Stirfry
● Rice
● Milk

● Gingersnap Cookies
Orange Slices

W ● Western Frittata
Apple Sauce

● Beef Lasagna
Steamed Vegetables:
(Carrots, Corn, Beans, Peas)
● Milk

Diced Peach Cup
● Arrowroot Cookies

TH ● Plain Bagel
● Cream Cheese
● Yogurt

● Butter Chicken
● Rice
Cucumber
● Milk

● Pineapple
Carrot Muffin
Apple Slices

F ● Mini Wheats
Banana
● Milk

● Chicken Tenders
Roasted Potato
● Milk

● Ginger Pear Crisp
Orange Slices

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