



Breakfast

AM Snack

Lunch

PM Snack

M

CAMPUS CLOSED (Labour Day)

<p>T</p> <ul style="list-style-type: none"> ● ● ● ● French Toast ● Milk 	<ul style="list-style-type: none"> ● Strings Cheese Banana 	<ul style="list-style-type: none"> ● ● ● ● Vegetarian Egg Chowmein Cucumber ● Milk 	<ul style="list-style-type: none"> ● ● Peach Crisp ● Yogurt
<p>W</p> <ul style="list-style-type: none"> ● ● Scrambled Eggs ● ● Potato Wedges ● Milk 	<ul style="list-style-type: none"> ● ● ● ● Pancakes Apple Slices 	<ul style="list-style-type: none"> ● ● ● Vegetarian Chili ● ● Dinner Roll ● Milk 	<ul style="list-style-type: none"> ● ● Arrowroot Cookies Apple Sauce
<p>TH</p> <ul style="list-style-type: none"> ● ● ● ● Spiced Apple Cake ● Milk 	<ul style="list-style-type: none"> ● Greek Yogurt Blueberries 	<ul style="list-style-type: none"> ● ● Macaroni & Cheese Broccoli Florets ● Milk 	<ul style="list-style-type: none"> ● ● ● ● Pineapple Carrot Muffin Apple Slices
<p>F</p> <ul style="list-style-type: none"> ● Multigrain Cheerios ● Milk Banana 	<ul style="list-style-type: none"> ● ● ● Blueberry Bran Muffin ● Milk 	<ul style="list-style-type: none"> ● ● ● Mexican Bean & Rice Casserole ● Milk 	<ul style="list-style-type: none"> ● 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.



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

- Mexican Bean & Rice Casserole
- Milk

- Gingersnap Cookies
- Orange Slices

W

- Western Frittata
- Apple Sauce

- Cheddar Bread Sticks
- Milk

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

- Diced Peach Cup
- Arrowroot Cookies

TH

- Plain Bagel
- Cream Cheese
- Yogurt

- String Cheese
- Cucumber

- Mexican Bean & Rice Casserole
- Cucumber
- Milk

- Pineapple Carrot Muffin
- Apple Slices

F

- Mini Wheats
- Banana
- Milk

- Spiced Apple Cake
- Milk

- Perogies (Potato/Cheddar)
- Roasted Potato
- Milk

- Ginger Pear Crisp
- Orange Slices

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Lunch

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M

CAMPUS CLOSED (Labour Day)

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

● ● ● ● Pine apple Carrot Muffin
Apple Slices

F

● Multigrain Cheerios
● Milk
Banana

● ● ● Mexican Bean & Rice Casserole
● Milk

● Strings Cheese
Orange Slices

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PRESCHOOL VEGETARIAN 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

● Mexican Bean
& Rice Casserole
● 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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