



Breakfast

AM Snack

Lunch

PM Snack

M

CAMPUS CLOSED (Civic Holiday)

<p>T</p> <ul style="list-style-type: none"> French Toast Milk 	<ul style="list-style-type: none"> Cheese Strings Banana 	<ul style="list-style-type: none"> Chicken 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"> Beef Stew 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"> Spaghetti Bake 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"> Chicken & Vegetable Stirfry Rice Milk 	<ul style="list-style-type: none"> 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.



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<p>M</p> <ul style="list-style-type: none"> Herb & Cheese Biscuits Milk 	<ul style="list-style-type: none"> Apple Slices Crackers 	<ul style="list-style-type: none"> Macaroni & Cheese Salad (Lettuce, Tomato, Cucumber) Milk 	<ul style="list-style-type: none"> Spiced Apple Cake Milk
<p>T</p> <ul style="list-style-type: none"> Pancakes/ Maple Syrup Banana 	<ul style="list-style-type: none"> Greek Yogurt Strawberries 	<ul style="list-style-type: none"> Shepherd's Pie Banana or Orange Slices Milk 	<ul style="list-style-type: none"> Gingersnap Cookies Orange Slices
<p>W</p> <ul style="list-style-type: none"> Western Frittata Apple Sauce 	<ul style="list-style-type: none"> Ginger Pear Crisp Milk 	<ul style="list-style-type: none"> Beef Lasagna Steamed Vegetables: (Carrots, Corn, Beans, Peas) Milk 	<ul style="list-style-type: none"> Diced Peach Cup Arrowroot Cookies
<p>TH</p> <ul style="list-style-type: none"> Plain Bagel Cream Cheese Yogurt 	<ul style="list-style-type: none"> Spiced Apple Cake Milk 	<ul style="list-style-type: none"> Butter Chicken Rice Cucumber Milk 	<ul style="list-style-type: none"> Apple Slices Pineapple Carrot Muffin
<p>F</p> <ul style="list-style-type: none"> Mini Wheats Banana Milk 	<ul style="list-style-type: none"> Cheese Strings Cucumber 	<ul style="list-style-type: none"> Chicken Tenders Roasted Potato Milk 	<ul style="list-style-type: none"> Ginger Pear Crisp Orange Slices

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● Plain Bagel
● Cream Cheese
● Banana

● Spiced Apple Cake
● Milk

● Spaghetti Bake
● Steamed Diced Carrots
● Milk

● Digestive Cookie
● Orange Slices

T

● French Toast
● Milk

● Herb & Cheese Biscuits
● Apple Slices

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

● Cheese Strings
● Apple Slices

W

● Spiced Apple Cake
● Milk

● Greek Yogurt
● Strawberries

● Shepherd's Pie
● Green Peas
● Milk

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

TH

● Multigrain Cheerios
● Milk
● Banana

● Plain Bagel
● Blueberries

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

● Mixed Berry Muffin
● Mandarins

F

● Pancakes/ Maple Syrup
● Milk

● Cheese Strings
● Steamed Carrots

● Chicken Chowmein
● Orange Slices
● Milk

● Gingersnap Cookies
● Apple Slices

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M ●●● Apple Cinnamon Oatmeal
● Milk

● Cheese Strings
● Apple Slices

●●●●● Meatballs/Gravy
● Carrot Sticks
●● Mashed Potatoes
● Milk

●●● Herb & Cheese Biscuit
● Orange Slices

T ●● Scrambled Eggs
●● Potato Wedges
● Milk

●● Peach Crisp
● Steamed Vegetables:
(Carrots, Corn, Beans, Peas)

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

●●●● Pineapple
● Carrot Muffin
● Yogurt

W ●●●● Pancakes/ Maple Syrup
● Milk

●● Goldfish Crackers
● Banana

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

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

TH ●●●●● Cornflakes
● Milk
● Banana

●●●●● Pancakes
● Milk

●●●●● Chicken Tenders
●●●● Cucumber, Carrot with
Ranch Dressing

●●●●● Cheese Strings
● Orange

F ●●●●● Plain Bagel
● Cream Cheese
● Milk

●●●●● Greek Yogurt
●●●●● Tea Biscuits

●●●●● Chili Con Carne
●●●●● Dinner Roll
● Orange

●●●●● Apple Sauce
●●●●● Digestive Cookies

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