



Breakfast

AM Snack

Lunch

PM Snack

M

CAMPUS CLOSED (Labourday)

| | | | |
|---|---------------------------------------|--|---|
| <p>T</p> <p>Cheerios Apple Slices ● Milk</p> | <p>● Strings Cheese Banana</p> | <p>●●● Sloppy Joe Sandwich Fresh vegetables and Ranch Dip ●●● Milk</p> | <p>●● Graham Crackers ● Cheese Slices Oranges</p> |
| <p>W</p> <p>● Cinnamon Apple Oatmeal ● Milk</p> | <p>●●● Waffles Apple Slices</p> | <p>● BBQ Chicken Roast Potatoes ● Dill Butter Carrots ● Milk</p> | <p>● Lemon Poppyseed Loaf ● Milk</p> |
| <p>TH</p> <p>● Banana Muffin ● Milk</p> | <p>● Greek Yogurt Blueberries</p> | <p>Moroccan Chickpea Stew Rice ● Milk</p> | <p>●●●● Naan Bites Cucumbers ● Tzatziki</p> |
| <p>F</p> <p>●●● Blueberry Sheet Pan Pancake ● Milk</p> | <p>● Blueberry Muffin ● Milk</p> | <p>●● Amatriciana Pasta Buttery Corn ● Milk</p> | <p>● Apple Bread ● Milk</p> |

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 Top Meal
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

(Braeside, New Brighton, West 85th)

Sep 9- Sep 13

Breakfast

AM Snack

Lunch

PM Snack

M

- Rice cereal
- Orange Slices
- Milk

- Apple Slices
- Crackers

- Basa Coconut Curry
- Rice
- Milk

- Mango Lassi
- Arrowroot Biscuits

T

- Boiled Egg
- Cheese Cubes
- Crackers

- Greek Yogurt
- Strawberries

- Spaghetti Bolognese
- Peas and Carrots
- Milk

- Zucchini Bread
- Milk

W

- Apple Crisp
- Milk

- Butterflake Roll
- Milk

- Mini Potato and Cheddar Perogies with Caramelized Onion
- Steamed Peas
- Milk

- Naan Bites
- Hummus
- Carrots

TH

- Morning Glory Muffin
- Milk

- Cheddar Bread Stick
- Milk

- Chicken and Rice Soup
- Melba Toast
- Milk

- Apple Sauce with
- Graham Crackers

F

- Banana Oat Smoothie
- Graham Crackers

- Strings Cheese
- Cucumber

- Philly Cheesesteak Sandwich
- Apple Slices
- Milk

- Ritz Cracker
- Fruit

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Breakfast

AM Snack

Lunch

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M

Cheerios
Apple Slices
● Milk

●●● Raisin Bread
● Milk

Curried Butternut Squash Soup
●●● Focaccia
● Milk

●●● Trail Mix
● Cheese Slices

T

●●●● Whole Wheat Bagel
with Margarine (DF)
and Banana
● Milk

● Strings Cheese
Apple Slices

●●● Creamy Tomato and
Basil Chicken Pasta
Buttery Corn
● Milk

● Oatmeal Cookie Bar
Melon

W

● Peach Banana Smoothie
● Buttered Whole Wheat Bread

● Greek Yogurt
Strawberries

●●● Tomato and Spinach Quiche
Roast Potatoes
● Milk

● Ritz Crackers
Vegetables
Hummus Dip

TH

● Baked Raspberry Oatmeal Bar
● Milk

●●● Plain Bagel
Blueberries

●●● Egg Roll in a Bowl
● Milk

● Strawberry Yogurt
● Graham Crackers

F

● Cranberry Orange Muffins
● Milk

● Strings Cheese
Oranges

●●● Vegetable Quesadilla
Fresh Vegetables
●●● Ranch Dip
● Milk

●●● Mini Pretzel
● Seasoned Boiled Egg
Fruit

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Breakfast

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Lunch

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M

- Rice Cereal
- Orange Slices
- Milk

- Strings Cheese
- Apple Slices

- Macaroni and Cheese
- Peas and Carrots
- Milk

- Carrot Mango Smoothie
- Arrowroot Biscuits

T

- Naan Bread
- Cream Cheese
- Fresh Fruit

- Butterflake Roll
- Cucumber

- Chicken Tikka Masala
- Steamed Broccoli
- Rice
- Milk

- Banana Bread
- Milk

W

- Egg Salad Sandwich
- Apple Slices

- Goldfish Crackers
- Banana

- Beef Stew
- Mashed Potato
- Milk

- Ritz Cracker
- Edamame
- Cheese Slices

TH

- Blueberry Muffins
- Milk

- Cheddar Bread Stick
- Milk

- Minestrone Soup
- Garlic Bread
- Milk

- Naan Bites
- Ranch Dip
- Baby Carrots

F

- Vanilla Spiced Pear Baked Oats
- Milk

- Greek Yogurt
- Strawberries

- Tuna Melt Sandwich
- Fresh Vegetables
- Hummus Dip
- Milk

- Apple Sauce
- Graham Crackers

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|---|--|---|
| <p>T</p> <p>Cheerios Apple Slices ● Milk</p> | <p>●●● Sloppy Joe Sandwich ●●● Fresh Vegetables and Ranch Dip ● Milk</p> | <p>●● Graham Crackers ● Cheese Slices Oranges</p> |
| <p>W</p> <p>● Cinnamon Apple Oatmeal ● Milk</p> | <p>● BBQ Chicken Roast Potatoes ● Dill Butter Carrots ● Milk</p> | <p>● Lemon Poppyseed Loaf ● Milk</p> |
| <p>TH</p> <p>● Banana Muffin ● Milk</p> | <p>Moroccan Chickpea Stew Rice ● Milk</p> | <p>●●● Naan Bites Cucumbers ● Tzatziki</p> |
| <p>F</p> <p>●●● Blueberry Sheet Pan Pancake ● Milk</p> | <p>●● Amatriciana Pasta Buttery Corn ● Milk</p> | <p>● Apple Bread ● Milk</p> |

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Breakfast

Lunch

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M

- Rice Cereal
- Orange Slices
- Milk

- Basa Coconut Curry
- Rice
- Milk

- Mango Lassi
- Arrowroot Biscuits

T

- Boiled Egg
- Cheese Cubes
- Crackers

- Spaghetti Bolognese
- Peas and Carrots
- Milk

- Zucchini Bread
- Milk

W

- Apple Crisp
- Milk

- Mini Potato and Cheddar Perogies with Caramelized Onion
- Steamed Peas
- Milk

- Naan Bites
- Hummus Carrots

TH

- Morning Glory Muffin
- Milk

- Chicken and Rice Soup
- Melba Toast
- Milk

- Apple Sauce with Graham Crackers

F

- Banana Oat Smoothie
- Graham Crackers

- Philly Cheesesteak Sandwich
- Apple Slices
- Milk

- Ritz Cracker
- Fruit

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● Apple Slices
● Milk

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●●● Focaccia
● Milk

●●● Trail Mix
● Cheese Slices

T

●●●● Whole Wheat Bagel
with Margarine (DF)
and Banana
● Milk

●●● Creamy Tomato and
Basil Chicken Pasta
Buttery Corn
● Milk

● Oatmeal Cookie Bar
Melon

W

● Peach Banana Smoothie
● Buttered Whole Wheat Bread

●●● Tomato and Spinach Quiche
Roast Potatoes
● Milk

● Ritz Crackers
Vegetables
Hummus Dip

TH

● Baked Raspberry Oatmeal Bar
● Milk

●●● Egg Roll in a Bowl
● Milk

● Strawberry Yogurt
●● Graham Crackers

F

Cranberry Orange Muffins
● Milk

●●● Vegetable Quesadilla
Fresh Vegetables
●●● Ranch Dip
● Milk

●●● Mini Pretzel
● Seasoned Boiled Egg
Fruit

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● Rice Cereal
● Orange Slices
● Milk

● Macaroni and Cheese
● Peas and Carrots
● Milk

● Carrot Mango Smoothie
● Arrowroot Biscuits

T

● Naan Bread
● Cream Cheese
● Fresh Fruit

● Chicken Tikka Masala
● Steamed Broccoli
● Rice
● Milk

● Banana Bread
● Milk

W

● Egg Salad Sandwich
● Apple Slices

● Beef Stew
● Mashed Potato
● Milk

● Ritz Cracker
● Edamame
● Cheese Slices

TH

● Blueberry Muffins
● Milk

● Minestrone Soup
● Garlic Bread
● Milk

● Naan Bites
● Ranch Dip
● Baby Carrots

F

Vanilla Spiced Pear Baked Oats
● Milk

● Tuna Melt Sandwich
● Fresh Vegetables
● Hummus Dip
● Milk

● Apple Sauce
● Graham Crackers

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