



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 Beans 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 Protein Balls 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>●● Cheesy Tomato 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
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Breakfast

AM Snack

Lunch

PM Snack

M

- Rice cereal
- Orange Slices
- Milk

- Apple Slices
- Crackers

- Tofu Coconut Curry
- Rice
- Milk

- Mango Lassi
- Arrowroot Biscuits

T

- Boiled Egg
- Cheese Cubes
- Crackers

- Greek Yogurt
- Strawberries

- Spaghetti Marinara
- 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

- Vegetable and Rice Soup
- Melba Toast
- Milk

- Apple Sauce with
- Graham Crackers

F

- Banana Oat Smoothie
- Graham Crackers

- Strings Cheese
- Cucumber

- Vegetable Cheese Panini
- Apple Slices
- Milk

- Ritz Cracker
- Fruit

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Breakfast

AM Snack

Lunch

PM Snack

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 Basil 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
With Fresh Vegetables
●●● and Ranch Dip
● Milk

●●● Mini Pretzel
● Seasoned Boiled Egg
Fruit

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INFANT VEGETARIAN MENU

(Braeside, New Brighton, West 85th)

Sep 23- Sep 27

Breakfast

AM Snack

Lunch

PM Snack

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

- Chickpea Tikka Masala
- Steamed Broccoli
- Rice
- Milk

- Banana Bread
- Milk

W

- Egg Salad Sandwich
- Apple Slices

- Goldfish Crackers
- Banana

- Vegetable 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

- Grilled Cheese Sandwich
- Fresh Vegetables
- Hummus Dip
- Milk

- Apple Sauce
- Graham Crackers

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Breakfast

Lunch

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M

CAMPUS CLOSED (Labour Day)

T

Cheerios
Apple Slices
● Milk

●● Sloppy Bean Sandwich
●●● Fresh Vegetables and Ranch Dip
● Milk

●● Graham Crackers
● Cheese Slices
Oranges

W

● Cinnamon Apple Oatmeal
● Milk

● BBQ Protein Balls
Roast Potatoes
Dill Butter Carrots
● Milk

● Lemon Poppyseed Loaf
● Milk

TH

● Banana Muffin
● Milk

Moroccan Chickpea Stew
Rice
● Milk

●●● Naan Bites
Cucumbers
● Tzatziki

F

●●● Blueberry Sheet Pan Pancake
● Milk

●● Cheesy Tomato Pasta
Buttery Corn
● Milk

● Apple Bread
● Milk

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Breakfast

Lunch

PM Snack

M

- Rice Cereal
- Orange Slices
- Milk

- Tofu Coconut Curry
- Rice
- Milk

- Mango Lassi
- Arrowroot Biscuits

T

- Boiled Egg
- Cheese Cubes
- Crackers

- Spaghetti Marinara
- 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

- Vegetable and Rice Soup
- Melba Toast
- Milk

- Apple Sauce with Graham Crackers

F

- Banana Oat Smoothie
- Graham Crackers

- Vegetable Cheese Panini
- Apple Slices
- Milk

- Ritz Cracker
- Fruit

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Breakfast

Lunch

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M

● Cheerios
● Apple Slices
● Milk

Curried Butternut Squash Soup
●●● Focaccia
● Milk

●●● Trail Mix
● Cheese Slices

T

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

●●● Creamy Tomato and
Basil 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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Breakfast

Lunch

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M

● Rice Cereal
● Orange Slices
● Milk

● Macaroni and Cheese
● Peas and Carrots
● Milk

● Carrot Mango Smoothie
● Arrowroot Biscuits

T

● Naan Bread
● Cream Cheese
● Fresh Fruit

Chickpea Tikka Masala
Steamed Broccoli
Rice
● Milk

● Banana Bread
● Milk

W

● Egg Salad Sandwich
● Apple Slices

● Vegetable 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

● Grilled Cheese Sandwich
● Fresh Vegetables
● Hummus Dip
● Milk

● Apple Sauce
● Graham Crackers

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