



April 2019

FT = FIELD TRIP – do not order

**** New Menu item**

***Dessert not included as part of the Entrée**

Monday	Tuesday	Wednesday	Thursday	Friday
Day 4 1 GF Simple Simons Sheppard's Pie Fresh Fruit	Day 5 2 GF Basa Fillet Rice & Mixed Veggies <i>*Dbl Choc Chip Cookie</i>	Day 6 3 GF Chicken Fried, Rice & Fresh Fruit Fortune Cookie	Day 1 4 Penne with Meat Sauce & Focaccia Bread <i>*Mini Apple Pie</i>	Day 2 5 V Mediterranean Chicken Salad with Pita
Day 3 8 Chicken Burger & Fresh Fruit / Veggies	Day 4 9 V Beef Taco Salad <i>*Strawberry Ice Cream Cup</i> FT: ALL GRADE 7 THRU 12	Day 5 10 Pepperoni Pizza Sub & Fresh Veggies FT: ALL GRADE 6 Students	Day 6 11 GF **Beef Teriyaki Stir Fry & Rice <i>*Baked Strawberry Cr. Cheese Stick</i> FT: ALL GRADE 6 Students	Day 1 12 V Cheese Omelet, Hash Browns & Fresh Fruit GF FT: ALL GRADE 6 Students FT: Gr 9 – 12 Band Students
Day 2 <i>May Order Open</i> 15 V Grilled Cheese Sandwich & Fresh Fruit FT: Sr. High Badminton Teams	Day 3 <i>May Order Open</i> 16 Ham & Cheese Croissant & Fresh Fruit FT: Jr. High Badminton Teams <i>*Monster Cookie</i>	Day 4 <i>May Order Open</i> 17 Lasagna Caesar Salad	Day 5 <i>May Order Open</i> 18 Turkey Meatballs, Mashed Potatoes & Mixed Veggies <i>*Sugar cookie</i>	<i>May Order Open</i> 19 GOOD FRIDAY NO SCHOOL
22 EASTER MONDAY NO SCHOOL 	Day 6 23 Sweet & Sour Meatballs Rice & Mixed Veggies <i>*Mini Chocolate Croissant</i>	Day 1 24 Chicken Quesadilla & Fresh Fruit / Veggies	Day 2 25 Chicken Sesame Asian Noodle Salad <i>*Homemade Banana Bread Muffins</i>	Day 3 26 PIZZA DAY LUNCH  FT: ALL GR 9
Day 4 29 Beef Sloppy Joes & Fresh Fruit / Veggie	Day 5 30 GF Chicken Souvlaki, Naan Bread & Fresh Veggies <i>*Ginger Molasses Cookie</i>	 FIELD TRIPS DO NOT ORDER on days your child has a fieldtrip. Please pack a bag lunch. 		

GF = Gluten Free option available. Not appropriate for Celiac. **V** = Vegetarian option available. Please email to advise of order nelson@cfis.com