

### Calgary French & International School

# Elementary Cafeteria Lunch Program Calendar



# THE SEED

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### FT = FIELD TRIP - DO NOT ORDER

\* Dessert not included as part of the Entrée \*\* NEW menu item

Monday	Tuesday	Wednesday	Thursday	Friday
Simple Simon  Sheppard's Pie & Fresh Fruit  *Dbl Choc Chip Cookie  FT. GR 3 Bouaziz	Basa Fillet, Rice  ## & Mixed Veggies  ### FT. GR 3 Bouaziz	Fresh Picnic Plate & Fresh Fruit *Ginger Molasses Cookie FT. GR 3 Bouaziz FT. Gr 4 All Classes	Chicken Noodle Soup, Bread stick & Fresh Veggies FT. GR 3 Bouaziz FT. Gr 3 Keuben	Penne with  Marinara Sauce & Focaccia Bread Stick  *Mini Apple Pie  FT. GR 3 Bouaziz
Pineapple Ginger Chicken, Rice & Mixed Veggies * Choc Chip Cookie  FT. GR 3 Stephenson	Beef Tortilla Wrap & Fresh Fruit	Pepperoni Pizza Sub & Fresh Veggies * Strawberry Ice Cream FT. GR 3 Stephenson	Breakfast Sandwich (ham & cheese) & Fresh Fruit  FT. GR 3 Stephenson	Beef Slider & Fresh Fruit/Veggies *Baked Strawberry Cream Cheese Fruit Stick FT. GR 3 Stephenson
Grilled Cheese Sandwich & Fresh Veggies	Lasagna & Caesar Salad  *Monster Cookie		Turkey Meatballs, Mashed Potato, Corn & Gravy  *Sugar Cookie	May ordering open GOOD FRIDAY NO SCHOOL Happy Easter
EASTER MONDAY NO SCHOOL	Sweet & Sour Meatballs, Rice & Mixed Veggies	Chicken Quesadilla & Fresh Veggies  Homemade Banana Bread Muffin	Chicken Nuggets & Fresh Fruit	Day 3  PIZZA DAY  FUNCH
Beef Sloppy Joe & Fresh Veggies * Vanilla Pudding FT. GR 3 Keuben	Chicken Souvlaki, Naan & Fresh Veggies  FT. GR 3 Keuben		TRIPS DO NOT ORDER ys your child has a fieldtrip Pack a bag lunch	



皒 = gluten free option available. Not appropriate for Celiac. 🕡 = vegetarian. Please email to advise of order <code>tnelson@cfis.com</code>

