



Calgary French & International School
Elementary Cafeteria Lunch Program Calendar



















THE SEED

February 2019

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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
  		 <p>FIELD TRIPS DO NOT ORDER on days your child has a fieldtrip. Pack a bag lunch.</p> 		<p>1</p> <p>PD DAY NO SCHOOL</p>
<p>Day 5 <i>March Order Open</i> 4</p> <p>Chicken Noodle Soup Bread Stick & Fresh Veggies</p> <p><i>*Variety Pudding</i></p>	<p>Day 6 <i>March Order Open</i> 5</p> <p> Penne with Marinara Sauce & Focaccia Bread</p>	<p>Day 1 <i>March Order Open</i> 6</p> <p>Chicken Quesadilla & Fresh Fruit</p> <p><i>*Ginger Molasses Cookie</i></p>	<p>Day 2 <i>March Order Open</i> 7</p> <p> Basa Filet, Rice & Mixed Veggies</p>	<p>Day 3 <i>March Order Open</i> 8</p> <p>Beef Hot Dog & Fresh Veggies</p> <p><i>*Baked Blueberry Cream Cheese Fruit Stick</i></p>
<p>11</p> <p>FEBRUARY BREAK</p>	<p>12</p> <p>FEBRUARY BREAK</p>	<p>13</p> <p>FEBRUARY BREAK</p>	<p>14</p> <p>FEBRUARY BREAK</p>	<p>15</p> <p>FEBRUARY BREAK</p>
<p>18</p> <p>FAMILY DAY NO SCHOOL</p>	<p>Day 4 19</p> <p>Ginger Beef, Rice, Mixed Veggies & Fortune Cookie</p>	<p>Day 5 20</p> <p>Chicken Burger & Fresh Fruit</p> <p><i>*Mini Chocolate Pie</i></p>	<p>Day 6 21</p> <p>Beef Tortilla Wrap & Fresh Fruit</p>	<p>Day 1 22</p> <p>PIZZA DAY LUNCH</p> <p>  </p>
<p>Day 2 25</p> <p>Sweet & Sour Meatballs, Rice & Mixed Veggies</p> <p><i>*Dbf. Chocolate Chip Cookie</i></p>	<p>Day 3 26</p> <p>Cinnamon French Toast & Turkey Sausage & Fresh Fruit</p>	<p>Day 4 27</p> <p> Mac n' Cheese & Garden Salad</p> <p><i>*Monster Cookie</i></p>	<p>Day 5 28</p> <p> Grilled Cheese Sandwich & Fresh Fruit</p>	 

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