



THE CORE

Calgary French & International School
Cafeteria Lunch Program Calendar

THE CORE



January 2019

FT = FIELD TRIP – do not order

** New Menu item

* Dessert not included as part of the Entrée

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Best Wishes for a Happy & Healthy 2019</i></p> <p><i>The Staff & Volunteers from The Core & The Seed Cafeterias</i></p>				<p>FIELD TRIPS DO NOT ORDER on days your child has a fieldtrip. Pack a bag lunch.</p>
Day 5 7 **Vegetarian Chili & Bun Fresh Fruit (V)	Day 6 8 Breaded Fish Bites Coleslaw & Fresh Fruit *Mini Maple Danish	Day 1 9 Wicked Chicken Thai Soup & Mini Veggie Spring Rolls	Day 2 10 (V) (GF) Beef Taco Salad *Homemade Lemon Tart	Day 3 11 Tuna Melt Fresh Fruit
Day 4 14 (GF) Butter Chicken Rice & Corn	Day 5 15 (V) Rotini Alfredo & Fresh Veggies *Monster Cookie	Day 6 16 Beef Quesadilla & Fresh Fruit	Day 1 17 (V) Asian Chicken Chopped Salad *Cinnamon Swirl Bun	Day 2 18 Chicken Strips & Fresh Veggies FT: GR 7 & 8 Band Students 
Day 3 21 Feb Ordering Open Italian Meatball Sub Fresh Fruit	Day 4 22 Feb Ordering Open Cheese Omelet (V) Hashbrowns Fresh Fruit *Snickerdoodle Cookie	Day 5 23 Feb Ordering Open Ham & Cheese Croissant Fresh Fruit	Day 6 24 Feb Ordering Open Lasagna & Caesar Salad *Double Chocolate Chip Cookie	Day 1 25 Feb Ordering Open Pizza Day Lunch (V) (GF) 
Day 2 28 (V) Perogies & Garden Salad FT: GR 7 – 9 UNESCO OPTION 	Day 3 29 Beef Stew Dinner Roll *Homemade Puffed Wheat Squares	Day 4 30 (GF) Pineapple Ginger Chicken, Rice Mixed Veggies	PD Day No School 	