



**THE CORE**

Calgary French & International School  
Cafeteria Lunch Program Calendar

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**JUNE 2019**

**FT = FIELD TRIP – do not order**

\*\* New Menu item

\* Dessert not included as part of the Entrée

Monday	Tuesday	Wednesday	Thursday	Friday
Day 3 <b>3</b> Sweet & Sour Meatballs Rice & Mixed Veggies	Day 4 <b>4</b> Chicken Fried Rice Fresh Fruit Fortune Cookie *Strawberry Baked Cream Cheese Fruit Stick	Day 5 <b>5</b> Penne with Meat Sauce & Focaccia Bread	Day 6 <b>6</b> (V) Grilled Cheese Sandwich & Fresh Fruit *Homemade Granola Bar <b>FT: GR 6 Patrollers</b>	Day 1 <b>7</b> (V) Santa Fe Chicken Salad (GF) <b>GR 12 Graduation</b>
Day 2 <b>10</b> <i>Online Order Open Year-End BBQ</i> Chicken Burger & Fresh Fruit	Day 3 <b>11</b> <i>Online Order Open Year-End BBQ</i> Basa, Rice & Mixed Veggies *Puffed Wheat Square <b>FT: ALL GR 8</b>	Day 4 <b>12</b> <i>Online Order Open Year-End BBQ</i> (V) Belgian Waffles With Strawberries & Whipped Cream	Day 5 <b>13</b> <i>Online Order Open Year-End BBQ</i> Lasagna & Caesar Salad ** *Variety Cake Pop <b>FT: SR High Phys. Ed.</b>	Day 6 <b>14</b> <i>Online Order Open Year-End BBQ</i> Chicken Quesadilla Fresh Veggies
Day 1 <b>17</b> (V) Beef Taco (GF) Salad	Day 2 <b>18</b> Turkey BLT Wrap & Fresh Fruit  * Dbl Choco Chip cookie	Day 3 <b>19</b> (GF) Beef Teriyaki Stir Fry & Rice	Day 4 <b>20</b> (GF) Simple Simon Chicken Pot Pie & Fresh Fruit  *Vanilla Cream Cup	Day 5 <b>21</b> <b>Pizza Day Lunch</b> (V) (GF) 
Day 6 <b>24</b> (V) <b>YEAR-END BBQ</b> Free to all (GF) Full-Day Students Online Ordering open June 10 - 14	Day 1 <b>25</b> <b>No Cafeteria Today</b> Microwaves/Hot water will be available <b>NO UTENSILS</b>	Day 2 <b>26</b> <b>No Cafeteria Today</b> Microwaves/Hot water will be available <b>NO UTENSILS</b>	Day 3 <b>27</b> EARLY DISMISSAL Summer Break	Day 4 <b>28</b>  <b>SCHOOL'S OUT!</b>

**June 20<sup>th</sup> last day - Cafeteria Food Service**  
**June 24<sup>th</sup> - Year-end BBQ**

**June 25<sup>st</sup> & June 26<sup>th</sup> Please send a lunch and any utensils required**  
**Hot water & microwaves will be available until June 26<sup>rd</sup>.**