



Calgary French & International School
Elementary Cafeteria Lunch Program Calendar



THE SEED

March 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
		FIELD TRIPS DO NOT ORDER <i>on days your child has a fieldtrip. Pack a bag lunch</i>		Day 6 1 Mexican Tortilla Soup (GF) Corn Bread Muffin (V) & Fresh Veggies <i>*Homemade Apple Pie</i>
Day 1 4 Breaded Fish Bites Rice & Mixed Veggies <i>*Homemade Granola Bar</i> FT GR 4 All Classes	Day 2 5 (GF) Beef Chili Cheese Nachos	Day 3 6 (V) Three Cheeses Mini Pizza & Fresh Veggies <i>*Ginger Molasses Cookie</i> FT GR 5 All Classes	Day 4 7 Beef Quesadilla & Fresh Fruit	Day 5 8 Mini Perogies Sausage & Garden Salad <i>*DbI. Choc. Chip Cookie</i>
Day 6 <i>April Ordering Open</i> 11 BBQ Pulled Pork <i>(on a bun)</i> Coleslaw & Fresh Fruit <i>*Choc Chip Cookie</i> FT GR 3 All Classes	Day 1 <i>April Ordering Open</i> 12 (V) Falafels, Naan, (GF) & Fresh Veggies FT GR 2 deChamplain	Day 2 <i>April Ordering Open</i> 13 (GF) Butter Chicken, Rice & Corn <i>*Homemade Cinnamon Cookie</i>	Day 3 <i>April Ordering Open</i> 14 Tuna Melt & Fresh Fruit FT GR 2 Banning	Day 4 <i>April Ordering Open</i> 15 Chicken Fried Rice & Fresh Fruit <i>*Homemade Rice Krispies Treat</i>
Day 5 18 Beef Hamburger & Fresh Fruit <i>*Monster Cookie</i>	Day 6 19 Pancakes, Turkey Sausage & Fresh Fruit FT GR 4 Sharp	Day 1 20 (V) Rotini Alfredo & Garden Salad <i>*Sugar Cookie</i> FT GR 4 Couture/Brodeur	Day 2 21 Chicken Caesar Wrap & Fresh Fruit/Veggies	Day 3 22 (V) PIZZA DAY (GF) LUNCH
25 SPRING BREAK NO SCHOOL	26 SPRING BREAK NO SCHOOL	27 SPRING BREAK NO SCHOOL	28 SPRING BREAK NO SCHOOL	29 SPRING BREAK NO SCHOOL

(GF) = gluten free option available. Not appropriate for Celiac. (V) = vegetarian. Please email to advise of order tnelson@cfis.com