



Calgary French & International School
Elementary Cafeteria Lunch Program Calendar





THE SEED

September 2017

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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 <i>on days your child has a fieldtrip. Pack a bag lunch.</i></p> 		<p>Day 2 1 No Cafeteria Food Service</p>
<p>4 LABOUR DAY NO SCHOOL</p>	<p>Day 3 5 No Cafeteria Food Service</p>	<p>Day 4 6 No Cafeteria Food Service</p>	<p>Day 5 7 No Cafeteria Food Service</p>	<p>Day 6 8 No Cafeteria Food Service</p>
<p>Day 1 11 Tuna Melt & Fresh Fruit *Vanilla Ice Cream Cup</p>	<p>Day 2 12 (GF) Butter Chicken, Rice & Corn</p>	<p>Day 3 13 (GF) Beef Chili Cheese Nachos *Variety Pudding</p>	<p>Day 4 14 (V) Rotini Alfredo & Garden Salad</p>	<p>Day 5 15 Chicken Nuggets & Fresh Veggies *Dbf. Choc. Chip Cookie</p>
<p>Day 6 18 <i>October Ordering Open</i> (V) Mini Perogies & Garden Salad *Ginger Molasses Cookie</p>	<p>Day 1 19 <i>October Ordering Open</i> (GF) Simple Simon Shepard's Pie & Fresh Fruit</p>	<p>Day 2 20 <i>October Ordering Open</i> Ham & Cheese Croissant & Fresh Fruit *Chocolate Chip Cookie FT: Gr 2 Banning / Turmeau</p>	<p>Day 3 21 <i>October Ordering Open</i> (GF) Mexican Tortilla Soup Corn Bread Muffin & Fresh Fruit</p>	<p>Day 4 22 <i>October Ordering Open</i> Beef Lasagna & Caesar Salad *Cinnamon Bun</p>
<p>25 PD DAY NO SCHOOL</p>	<p>Day 5 26 (GF) Basa Fillet, Rice & Mixed Veggies</p>	<p>Day 6 27 Italian Meatball Sub & Fresh Fruit *Monster Cookie FT: Gr 2 Pollard / Morrison</p>	<p>Day 1 28 (V) Mac 'n Cheese & Garden Salad</p>	<p>Day 2 29 PIZZA DAY LUNCH </p>

(GF) = gluten free option available. May contain trace amounts. (V) = vegetarian Please email to advise of order nelson@cfis.com