





 **Calgary French & International School**
The Seed Cafeteria Lunch Program Calendar

January 2024

FT = FIELD TRIP – do not order

***Dessert not included as part of the Entrée**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Winter Break No School	2 Winter Break No School	3 Winter Break No School	4 Winter Break No School	5 Winter Break No School
Day 2 8 Butter Chicken, Corn & Rice  <i>*Oatmeal Raisin Cookie</i>	Day 3 9 Breaded Fish Bites, Coleslaw & Fresh Fruit	Day 4 10 Wicked Chicken Thai Soup & Mini Spring Roll <i>*Rice Pudding</i>	Day 5 11 Beef Lasagna & Caesar Salad	Day 6 12 Cheese Omelet, Hashbrown & Fresh Fruit  <i>*Chocolate Chip Cookie</i>
Day 1 Feb. Ordering Open 15 Sweet & Sour (beef) meatballs, Rice & Broccoli <i>*Homemade Chocolate Tart</i>	Day 2 Feb. Ordering Open 16 Chicken Nuggets & Garden Salad	Day 3 Feb. Ordering Open 17 Turkey & Cheese Croissant & Fresh Fruit <i>*Monster Cookie</i>	Day 4 Feb. Ordering Open 18 Perogies & Garden Salad 	Day 5 Feb. Ordering Open 19   PIZZA DAY LUNCH 
Day 6 22 Beef Stew & Dinner Bun <i>*Homemade Apple Cookie</i>	Day 1 23  Rotini Alfredo & Garden Salad	Day 2 24 Chicken Fried Rice & Fresh Fruit  <i>*Homemade Lemon Blueberry Scone</i>	Day 3 25 Beef Hot Dog & Fresh Fruit	26 PD Day No School
Day 4 29 Vegetarian Chili, Dinner Bun & Fresh Fruit  <i>*Banana Bread</i>	Day 5 30 Cinnamon French Toast, Turkey Sausage & Fresh Fruit	Day 6 31 Italian (beef) Meatball Sub & Fresh Veggies <i>*Variety Pudding</i>	FIELD TRIPS (FT) DO NOT ORDER on days your child has a field trip. Please pack a bag lunch.	

 = Gluten Free option available. Not appropriate for Celiac  = Vegetarian available **Email foodservices@cfis.com to advise of order**