Calgary French & International School

The Seed Cafeteria Lunch Program Calendar

May 2026

FT: FIELD TRIP - do not order

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

Monday	Tuesday	Wednesday	Thursday	Friday
FIELD TRIPS (FT) ***DO NOT ORDER*** ***on days your child has a field trip. Please pack a bag lunch.***				Day 7 **1** Grilled Cheese Sandwich (V) & Fresh Fruit **Brownie* ***FT: Grade 1 MB & MAG & JD*** ***FT: Grade 3 AB & LL & CB***
Day 8 **4** Italian (Beef) Meatball Sub & Fresh Fruit **Apple Tart*	Day 9 **5** Rotini Alfredo & Garden Salad (V)	Day 1 **6** Beef Quesadilla & Fresh Fruit **Churro w/Cinnamon Sugar*	Day 2 (V) **7** Three Cheese Mini Pizzas & Fresh Fruit	Day 3 **8** BBQ Beef Burger w/Lettuce, Tomato, Pickles & Fresh Fruit **Chocolate Chip Cookie*
Day 4 **11** Penne with (Beef) Meat Sauce & Fresh Veggies **Variety Ice Cream Cup*	Day 5 **12** Cinnamon French Toast, Turkey Sausage & Fresh Fruit	Day 6 **13** Chicken Quesadilla & Fresh Fruit **Banana Bread*	Day 7 **14** Hotdog (All Beef) Sandwich & Fresh Fruit	Day 8 **15** ChickenNuggets & Fresh Veggies **Mini Chocolate Croissant*
Jun Ordering Open **18** Victoria Day No School	Day 9 *Jun Ordering Open* **19** Perogies (Potato Cheddar), Mennonite Sausage & Garden Salad	Day 1 *Jun Ordering Open* **20** Butter Chicken, Corn & Rice **Cinnamon Bun Cake* (GF) ***FT: Grade 3/ALL***	Day 2 *Jun Ordering Open* **21** Meatloaf (Beef), Mashed Potato & Green Beans	Day 3 *Jun Ordering Open* **22** **PIZZA DAY LUNCH** (V) (GF) 
Day 4 (V) **25** Mac n` Cheese & Garden Salad **Homemade Rice Krispie Treat*	Day 5 **26** Chicken Fried Rice, Fortune Cookie & Fresh Fruit (GF)	Day 6 **27** Beef Sloppy Joe, Gourmet Bun & Fresh Veggies **Homemade Gingersnap Cookie*	Day 7 **28** Chicken Fingers, Crispy Tater Tots & Fresh Veggies	**29** PD Day No School

(GF) *=Gluten Free option available. Not appropriate for Celiac* (V) *= Vegetarian available* ***Email foodservices@cfis.com for any questions***