Calgary French & International School

The Core Cafeteria Lunch Program Calendar

February 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 4 **2** Grilled Cheese Sandwich (V) & Fresh Fruit **Chocolate Chip Cookie*	*Day 5* **3** Italian (Beef) Meatball Sub & Fresh Fruit	*Day 6* **4** Chicken Quesadilla & Fresh Fruit **Banana Loaf*	*Day 7* **5** Cinnamon French Toast, Maple Syrup, Turkey Sausage & Fresh Fruit	*Day 8* **6** Chicken Souvlaki, Pita, Tzatziki, Hummus & Fresh Fruit **Valentine Cookie* ***FT: Global Experiential Learning Trip all participating in Gr 10-12***
9 February Break No School	**10** February Break No School	**11** February Break No School	**12** February Break No School	**13** February Break No School
Mar. Ordering Open **16** Family Day No School	*Day 9* *Mar. Ordering Open* **17** Chicken Strips & Fresh Veggies	*Day 1* *Mar. Ordering Open* **18** (V) Rotini Alfredo & Garden Salad **Variety Ice Cream Cup*	*Day 2* *Mar. Ordering Open* **19** Chicken Fried Rice, Fortune Cookie (GF) & Fresh Fruit ***FT: Gr 8 Band students***	*Day 3* *Mar. Ordering Open* **20** Beef Chili Cheese Nachos **Assorted Homemade Cupcakes*
Day 4 **23** Lasagna with Meat (Beef) & Fresh Fruit **Mini Chocolate Croissant*	*Day 5* **24** Creole Chicken Gumbo Soup, Corn Muffin (GF) & Fresh Fruit	*Day 6* **25** Crispy Chicken Ciabatta Sandwich & Fresh Fruit **Danish Apple Mini*	*Day 7* **26** Sweet & Sour Meatballs (Beef), Rice & Broccoli	*Day 8* **27** (V) **PIZZA DAY LUNCH**  (GF)

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