

Eat Smart with *Grégoire* !

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 1-5					
ENTREES	Asian-style vegetarian brown rice with vegetables	BBQ pulled pork sandwich on an organic, whole wheat bun BBQ mixed vegetable	Homemade cheesy pizza	No Lunch Parent/Teacher Conferences	No Lunch Parent/Teacher Conferences
SIDES	Steamed sugar peas Mixed green salad Seasonal fruit	Seasonal vegetable Mixed green salad Strawberry yogurt	Vegetable crudite Mixed green salad Seasonal fruit		
Nov 8-12					
ENTREES	Baked cheesy enchilada	Moroccan chicken and whole wheat couscous with raisins	Crispy chicken strips or tofu squares	Cheese tortellini pasta with tomato basil sauce	Homemade cheese pizza
SIDES	Seasonal vegetables Mixed green salad Fruit salad	Mixed green salad Chocolate chip cookie	Corn on the cob Mixed green salad Cinnamon apple	Green beans Mixed green salad Vanilla yogurt	Vegetable crudite Mixed green salad Seasonal fruit